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➔ ISSUE 93 ➔ RS 120



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EDITORIAL.

Spring, with all its gentle blossoms and quiet transformations, reminds us that life is in constant motion—unfolding, evolving, and beginning again. This issue is dedicated to new beginnings—not the kind that shout, but the kind that settle into your bones quietly, asking you to look inward, shift gently, and start anew.

We begin this journey with Sadhguru's "Halfway Down the Peel," a philosophical musing on the ever-elusive purpose of life, inviting you to peel back your own layers. Our One Question column asks something deeply personal: What's one thing you would never change, no matter how many new beginnings you go through? It's a gentle nudge to reflect on your own constants amid life's inevitable shifts.

We walk the visual streets of Bhaktapur during the Bisket Jatra. We also wander off to Kokhe Danda, Parbat—a hidden gem that reminds us there is still magic in the unexplored.

Our cover story brings together two creative souls—Rohit Shakya and Trishala

Gurung—in perfect sync. Through melody and symphonized heart, they show us how collaboration can lead to growth.

Inside, you'll find thoughtful explorations into mental health, yoga feature, sound healing, spring skincare rituals and spring nutrition guide—a fresh take on eating for renewal and vitality.

As we welcome new season we celebrate the seasons of motherhood, bring fresh perspective in neurodiversity, and remember to connect children with nature this spring bloom.

As always, our home and food sections bring practical joy—from seasonal home swaps and coolers for warmer days, to garden dining at Hyatt and Yala Garden.

In all these pages, we hope you find something that feels like home—and something that stirs the courage to begin again.

With warmth and hope,
Happy reading and Happy New Year!



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STARTER.



Half Way Down the Peel

In this discourse, Sadhguru explores the question of life's purpose, suggesting that such questions arise when we fail to experience the fullness of life. He compares life to a mango, where tasting only the peel leads to confusion, while truly experiencing its sweetness reveals that life itself is the purpose. He emphasizes that through practices like Isha Yoga, individuals can connect with the deeper essence of life and move beyond existential questions.

By Sadhguru

Sadhguru: What is the purpose of life? Why does this question arise in your mind?

Suppose you are extremely blissful or ecstatic, would you think what is the purpose of this life? No. Somewhere it troubles you. What am I doing, because somewhere it doesn't mean anything. So the question has come up, "What is the purpose of life?"

Let us say you are eating a mango and you keep tasting only the peel. Half way down the peel, you will ask the question "What is the purpose of eating this mango?" If you have known the sweetness of the mango, such questions don't come up. Aren't your children asking, "Why should I drink milk?" That is because they don't like it. If you give them chocolate, will they ask "Why

should I eat chocolate?" It does not matter why, they will just eat it.

These questions are bound to come when you are just eating the peel of the fruit. But if the peel was utterly bitter, by now all of you would be enlightened. The problem with the peel is, because of its association with the fruit, it has imbibed a few spots of sweetness. Most of the people think somehow they have to extract fruit juice out of the peel. That is the great effort that is going on worldwide. Somehow, they want to extract juice out of the peel.

Somewhere nature trusted your intelligence. If you put a drop of honey on the ground and put the honey jar on the top shelf of the cupboard, the ants that come here and taste this honey go straight there to

the jar. Nature trusted your intelligence.

So if you want to truly understand what the purpose of life is, don't cook up philosophies – "The purpose of life is to reach God, the purpose of life is to go to Heaven, the purpose of life is to this or that." Life is a purpose unto itself. You don't need another purpose to it. Only when you have not realized the immensity of what life is, the question of finding a meaning or a purpose to life arises. If you taste the fruit within you, you will not ask these questions. It is for this reason we have been teaching Isha Yoga to people for the past decade and half – to give people methods to taste the fruit within themselves.



Ranked among the fifty most influential people in India, Sadhguru is a yogi, mystic, visionary and a New York Times bestselling author. Sadhguru was conferred the Padma Vibhushan by the Government of India in 2017, the highest annual civilian award, accorded for exceptional and distinguished services.

What's one thing you would never change, no matter how many new beginnings you go through?

Through every fresh start, one thing remains unshaken—the core values that define us. Whether it's resilience in the face of change, unwavering support from loved ones, a commitment to hard work, or the ability to adapt and grow, these constants shape every journey. While circumstances evolve, the essence of who we are stays rooted, guiding us through each new chapter with purpose and determination.

By Malika Joshi



ANUSHKA SHRESTHA

Miss Nepal 2019/ Owner - Makkuse

One thing I would never change, no matter how many new beginnings I go through, is to be hopeful, put in 100% of hard work, sincerity, and goodwill, and believe in people that if you do good, good shall happen - no matter how twisty and long-time-taking Karma might get at times!

SUJITA BASNET

Miss Universe Nepal 2021

Change can never take away my ability to adapt. While circumstances, environments, and relationships may shift, my capacity to learn, grow, and adjust will always be with me. It's a core part of who I am. No matter the challenge, how I choose to respond and evolve is something I always have control over.



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AAYUSHA KARKI

Founder - Meraki Nepal, Align Pilates, Afitstudios, Nail Life Art Nepal, Skin Life Nepal

No matter how many new beginnings I embrace, one thing that remains unchanged is my commitment to growth—both personally and professionally. While reinvention is essential, my core values of resilience, creativity, and purpose-driven work stay constant. These values guide me through every transition, shaping my journey as an entrepreneur, mother, and individual. I would embrace this in every phase and new beginning.

ADHISH GURUNG

Digital Creator/ Founder: Cinnamon Garden

My purposeful work ethic! Ever since I was in school, I've approached things with purpose no matter how small the task - washing dishes, homework, job applications; I tackle each thing with purpose and a good work ethic. I know I can't control the outcome but I'll always know I approached the work purposefully.



AASTHA POKHAREL

Model

The thing I would never change, no matter how many new beginnings I go through, is my autonomy and listening to my internal compass when discerning who or what deserves my energy & loyalty.

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UJAN SHAKYA

Singer, Founder - Mey Studios Nepal & Profumo Nepal

Throughout my journey in life, I have learned that consistency and hard work are key to achieving success. No matter what new projects come my way, I will continue to put in the effort and never give up. I know that if I stay motivated and keep pushing forward, I will eventually taste the sweet fruit of success. This trait is something that I will always carry with me, no matter how many new beginnings I encounter. I am excited to continue striving towards my goals and maintaining this unwavering determination within me!

RUBISHKA SHRESTHA

Emcee/ Cosmetic Scientist/ Model/ Business Developer/ SP Makeup Artist

The one thing I would never change is the unwavering support I've always drawn from my mother. Through every new beginning, from choosing to study cosmetic science to my life decisions or navigating new career paths, her belief in me has been my strength and courage to seize and embrace every opportunity. Her relentless spirit through her hardships has shaped me beyond words and taught me that even in adversity, unwavering support and love can create a foundation strong enough to build any dream.



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Visual Feast of Bhaktapur's Streets

BISKET JATRA

Bhaktapur, an ancient city, comes alive during Bisket Jatra with clouds of sindoor (vermillion powder), traditional music, and jubilant celebrations. Known for its enthusiastic and cultural richness, this Jatra offers a mesmerizing glimpse into the heart of Nepal's living heritage.

By Malika Joshi, Picture Courtesy: Saroj Patrabansha

BHAKTAPUR, a city where history breathes - through its ancient courtyards and timeworn bricks, comes alive each year in an eruption of color, energy, and devotion. The arrival of Bisket Jatra transforms its labyrinthine streets into a stage where mythology meets raw human passion, and tradition pulses through the veins of its people. This is more than a festival—it is a visceral experience, a story told through the clash of chariots, the fall of a towering Linga, and the ecstatic cries of a city revealing its heritage.

A Myth Woven in Time

A long time ago in Bhaktapur, there was a princess who had a strange problem—every man who married her died the very next morning! People were scared, but one brave young man decided to find out why. On their wedding night, he stayed awake and saw two tiny snakes crawl out of the princess's nose! He quickly killed them, breaking the curse. To celebrate this victory over evil, the people started Bisket Jatra. Today, the festival is filled with chariot pulling, pole raising, music, and joy!

The very essence of this story diffuses through every ritual, every cheer, and every bead of sweat trickling down the faces of the festival's participants.

It is a battle of renewal, a conquest of light over darkness, of life over death.

The Chariot Clash – A Dance of Power and Devotion

The raw, untamed spirit of Bisket Jatra explodes into the streets with the Bhaila Dyah (Bhairav) chariot procession. Towering wooden chariots, painstakingly crafted by skilled artisans, are paraded through Bhaktapur's ancient alleys, carried not on wheels but on the shoulders of men ignited by the fever of tradition and devotion.

The most intense and chaotic event takes place at Taumadhi Square, where the chariots engage in a fierce tug-of-war between the residents of the eastern and western parts of the city. Tugged and wrenched in opposite directions by two competing groups, these mammoth structures sway, heave, and crash against the frenzied roars of thousands. Every man who grips the chariot is more than a participant—he is a guardian of his ancestors, a pillar of centuries-old honor. This is not just a contest of strength; it is an assertion of identity, a dance of power and devotion, played out on an ancient battlefield of bricks.

The Linga's Rise and Fall – A Cosmic Transition

As the festival climaxes, the anticipation in the air is palpable. Eyes fixated on the mighty Yasin linga (pole), standing defiant against the sky. When the moment of reckoning arrives and the Linga crashes to the earth, a collective gasp rises from the throats of thousands. It is an acknowledgment that the old year has crumbled, making way for the new. A spiritual weight is lifted, and the world exhales in celebration.

The Colorful Chaos – A Symphony of Joy

Bisket Jatra is not merely seen; it is felt in the rush of wind as chariots thunder past, in the splash of sindoor (vermillion powder) across faces glowing with euphoria, in the laughter that spills over cups of thwon (local rice beer). The streets morph into a canvas where every passerby becomes an artist, smearing hues of red and orange onto strangers, transforming the city into a living, breathing artwork.

The visual intensity of the festival is matched only by the sounds that echo through the city. The rhythmic beat of traditional drums (dhimey and nyakhin) and the

collective cheers of revellers amplify the pulsating energy of the moment. The entire cityscape becomes a stage where history and culture intertwine in a hypnotic display of faith and unity.

A Legacy Carved in Stone and Flesh

For the people of Bhaktapur, Bisket Jatra is more than a festival—it is a binding thread in the fabric of their identity. It is proof that no matter how the world changes, some traditions remain unshaken, roaring defiantly against the tide of modernity.

Generations stand side by side—grandparents recounting the tales of their youth, children marvelling at the spectacle before them, their eyes wide with the same wonder that once sparkled in the eyes of their ancestors. In this festival, time folds in on itself, the past and present entwined in a dance as ancient as the city itself.

The night hums with the echoes of drumbeats, the air thick with the scent of oil lamps and burning incense. Each push and pull of the chariots is a heartbeat, each moment a spectacle of human endurance, collective will, and divine play.

Shepreneurs Awards

HattiHatti's Empowering Initiative

HattiHatti Nepal's International Women's Day 2025 was a powerful celebration of women entrepreneurs, featuring a vibrant marketplace, the prestigious SHEpreneur Award presented by Shagoon Jewellers, and inspiring discussions on empowerment. More than an event, it was a movement—championing resilience, innovation, and sustainable change for Nepal's women.

By Malika Joshi

WHAT HAPPENS when unstoppable women unite to create, inspire, and break barriers? Magic. That's exactly what unfolded at HattiHatti Nepal's International Women's Day 2025 celebration—an empowering, and profoundly inspiring event that placed the spotlight on Nepal's trailblazing women entrepreneurs.

Though it was a modest gathering, the event made a resounding statement—a movement, a powerful celebration of women who are not just building businesses but reshaping industries and defining their own destinies.

A Marketplace of Dreams

The event kicked off with a three-day market teeming with energy, where women-led businesses proudly showcased products that proudly bore the labels “Made in Nepal” and “Made with Passion.” Picture a vibrant marketplace, with stalls brimming with handcrafted jewellery, eco-conscious fashion, and artisanal foods—each item telling a story of resilience, passion, and purpose. In collaboration with the International Club, HattiHatti Nepal transformed this market into a powerful platform for women entrepreneurs, giving them the exposure

and support they truly deserve.

But this wasn't just about business—it was about empowerment. These shepreneurs weren't just selling products; they were embodying hope, independence, and a fresh narrative for the evolving business landscape.

The SHEpreneur Award 2025: A Tribute to Trailblazers

The grand highlight of the event was the SHEpreneur Award 2025, presented by Shagoon Jewellers. This prestigious honor went beyond recognizing mere business skills; it celebrated the women's stories—of

their rise, resilience, impact, and the fierce will it took to shatter societal norms.

With Chief Guest Mohna Ansari, Guest of Honor Devi Khadka, and Special Guest Srichchha Pradhan, the event gained even more weight. Their presence reinforced the importance of empowering women entrepreneurs and acknowledging their invaluable contributions.

Six exceptional women were nominated for the SHEpreneur Award. They didn't just build businesses—they built courage in the hearts of all those in attendance.

Anita Shrestha

Sudurpaschim Pradesh, Food Industry
From crafting traditional Newari cuisine to mastering shoemaking, Anita's journey is one of skill, perseverance, and empowerment. She's not only created her empire but also trained women to become financially independent.

Rosh Shrestha

Bagmati Pradesh, Social Entrepreneurship
Rosh turned her struggle as a hearing-impaired woman into a mission, providing

➔ This initiative is dedicated to bringing forward the untold stories of women who are creating meaningful change in their communities.

- Priya Sigdel, President of HattiHatti Nepal



job opportunities for 20-25 hearing-impaired women. Her work is a powerful testament to breaking barriers and creating an inclusive Nepal.

Parbati Chaudhary
Madhesh Pradesh, Handicrafts

Weaving tradition with modern entrepreneurship, Parbati has revolutionized the handicraft industry. She employs over 25 women and has inspired 100+ others to embrace economic independence.

Yangji Sherpa
Bagmati Pradesh, Hospitality & Coffee
Yangji's eco-friendly Chaahri Resort and Lekali Coffee have empowered women farmers by providing them with opportunities they never thought possible.

Goma Adhikari
Gandaki Pradesh, Dairy Farming
From a humble family-run milk-selling venture to a thriving dairy business, Goma has demonstrated that small beginnings can lead to extraordinary success. Today, she collaborates with a dairy cooperative to uplift her entire community.

Ruby Acharya Panta
Karnali Pradesh, Floriculture & Agriculture
Locals affectionately call her "Saagwali" for her dedication to farming and grocery business. Her agricultural journey began with off-season vegetable and maize farming, leading to the official registration of her agriculture firm in 2022. In 2023/24, she was selected by the Agriculture Development Directorate,

Surkhet, to expand into floriculture, supplying garlands, bouquets, and floral decorations for events.

Beyond the Awards
The event also featured a poignant panel discussion on Women's Well-being, presented by Happy Minds Health. Expert speakers panel including Sirjana Adhikari (psychologist), Dr. Jwala Thapa (gynaecologist), and Dr. Shrujana Shrestha (dermatologist) moderated by Susmita Bogati (public speaker) sparked insightful conversations on mental health, self-care, and the specific challenges women entrepreneurs face.

To cap off the event, poet Asmita delivered a heartfelt recitation—words woven with subtle yet fierce raw emotions, reflecting her

lived experiences as today's women.

A Future Fuelled by Women

Once again, HattiHatti Nepal has proven that when women rise, entire communities rise with them. Just as they transform old fabrics into fresh fashion creations, HattiHatti has woven change and crafted a new chapter in the women's entrepreneurship field. Their mission—empowering marginalized women through education and sustainable entrepreneurship—isn't just an initiative; it's a revolution in the making.

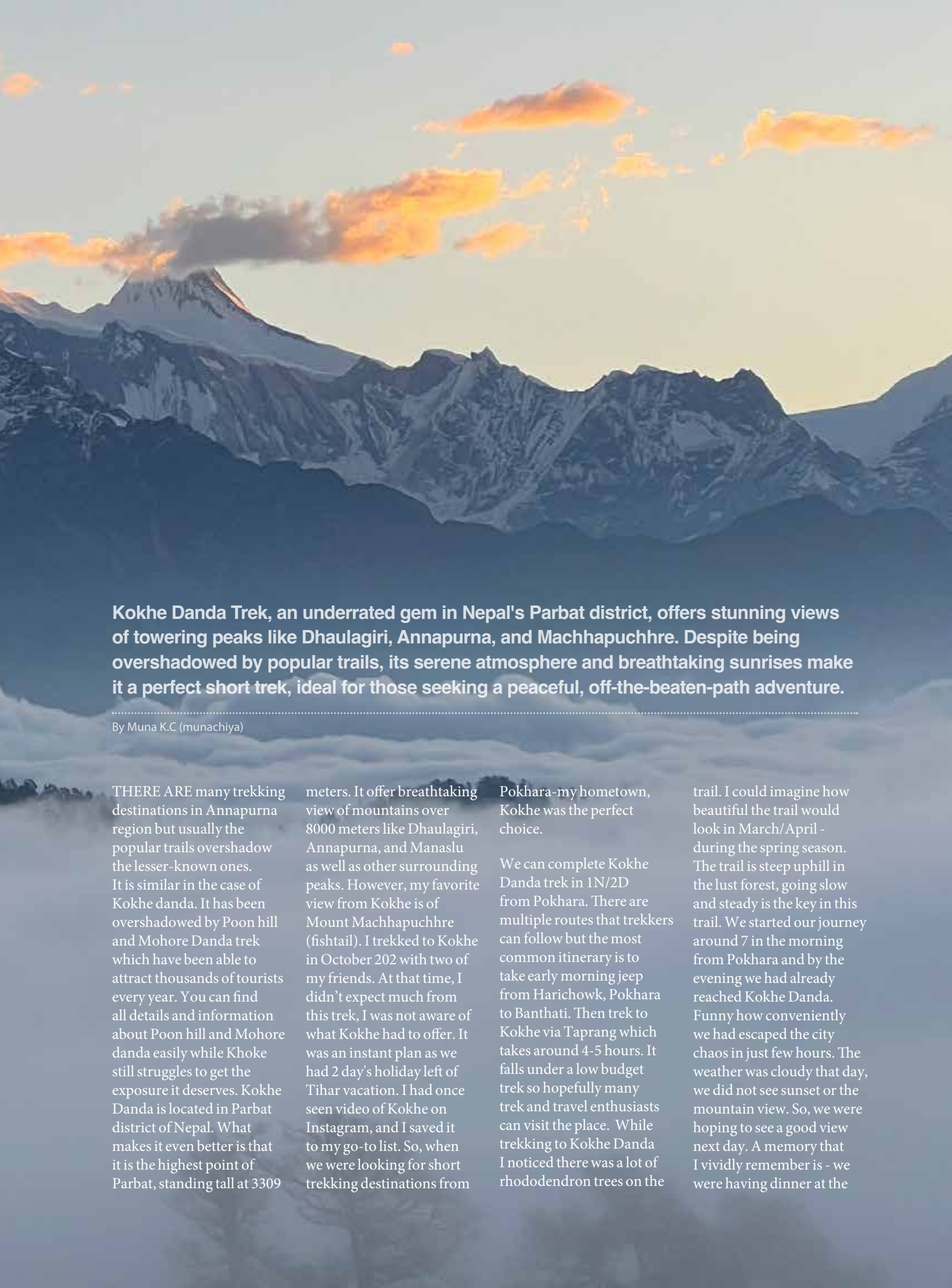
This event is a movement—a call to rise, a call to support, and a promise that if given a platform, Nepal's women will innovate and inspire.

➔ This event reflects how HattiHatti is committed to integrating sustainable ideas into practice and challenging the traditional narratives set for women.

- Sajna Jirel, Executive Director of HattiHatti Nepal

KOKHE DANDA TREK

Underrated hidden gem of Parbat



Kokhe Danda Trek, an underrated gem in Nepal's Parbat district, offers stunning views of towering peaks like Dhaulagiri, Annapurna, and Machhapuchhre. Despite being overshadowed by popular trails, its serene atmosphere and breathtaking sunrises make it a perfect short trek, ideal for those seeking a peaceful, off-the-beaten-path adventure.

By Muna K.C (munachiya)

THERE ARE many trekking destinations in Annapurna region but usually the popular trails overshadow the lesser-known ones. It is similar in the case of Kokhe danda. It has been overshadowed by Poon hill and Mohore Danda trek which have been able to attract thousands of tourists every year. You can find all details and information about Poon hill and Mohore danda easily while Khoke still struggles to get the exposure it deserves. Kokhe Danda is located in Parbat district of Nepal. What makes it even better is that it is the highest point of Parbat, standing tall at 3309

meters. It offer breathtaking view of mountains over 8000 meters like Dhaulagiri, Annapurna, and Manaslu as well as other surrounding peaks. However, my favorite view from Kokhe is of Mount Machhapuchhre (fishtail). I trekked to Kokhe in October 202 with two of my friends. At that time, I didn't expect much from this trek, I was not aware of what Kokhe had to offer. It was an instant plan as we had 2 day's holiday left of Tihar vacation. I had once seen video of Kokhe on Instagram, and I saved it to my go-to list. So, when we were looking for short trekking destinations from

Pokhara-my hometown, Kokhe was the perfect choice.

We can complete Kokhe Danda trek in 1N/2D from Pokhara. There are multiple routes that trekkers can follow but the most common itinerary is to take early morning jeep from Harichowk, Pokhara to Banthati. Then trek to Kokhe via Taprang which takes around 4-5 hours. It falls under a low budget trek so hopefully many trek and travel enthusiasts can visit the place. While trekking to Kokhe Danda I noticed there was a lot of rhododendron trees on the

trail. I could imagine how beautiful the trail would look in March/April - during the spring season. The trail is steep uphill in the lush forest, going slow and steady is the key in this trail. We started our journey around 7 in the morning from Pokhara and by the evening we had already reached Kokhe Danda. Funny how conveniently we had escaped the city chaos in just few hours. The weather was cloudy that day, we did not see sunset or the mountain view. So, we were hoping to see a good view next day. A memory that I vividly remember is - we were having dinner at the



dining hall, it was around 9pm and someone said the mountains have showed up. I was quite surprised; the last time I peeked outside it was gloomy and dark. So, I went out to check and when I turned to the north side my mind was blown. Mountains were glowing like diamond; stars were visible and the whole atmosphere felt like I was in another universe.

It was not the first time that I had seen this mountain range, I had seen it from Poon hill, Mohore, Muldhe, Khopra and many other viewpoints but what was so different this time? Maybe the fact that there is only one hotel in Kokhe, and it was a cozy corner amidst the Himalayas with less crowd, making this place more special. It offers an unique

perspective of the mountain range compared to other destinations. Kokhe makes you feel like you belong there.

The sunrise view from Khokhe is equally mesmerizing. I saw one of the most beautiful sunrises of my life here. The sun rising above the hill, its vibrant orange rays

reflecting in the mountains, and the clouds flowing below the mountain made it feel like I was living in a painting. Since spring season has begun in Nepal, flowers have started to bloom and the climate is perfect to travel, make Kokhe your next trek destination.

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→ COVER STORY

The Syncing Duo

TRISHALA GURUNG & ROHIT SHAKYA



A tale of love and music, Trishala Gurung and Rohit Shakya redefine partnership through their shared passion for creativity. From chance encounters to life-changing collaborations, their journey is a symphony of artistic evolution, mutual inspiration, and unbreakable love, proving that harmony exists both in melodies and in life.

By Malika Joshi

TRISHALA GURUNG, a doctor who pursued her passion for music, has beautifully blended her two callings—crafting melodies and healing people in one way or another. Known for her soothing melodies and heartfelt lyrics, she has captivated audiences with her ability to blend contemporary pop with Nepal's rich musical heritage. Now, as one of the judges of Singing Star Nepal, she continues to inspire aspiring musicians while staying grounded and calm through her own inspired philosophy.

Rohit Shakya, a musical genius as referred to by all, is a visionary Nepali music producer, singer-songwriter, and multimedia artist known for blending traditional sounds with modern electronic music. As the frontman of Jindabaad, guitarist of Swar, and the creative force behind Fuzz Factory Productions, he has shaped Nepal's music scene with his genre-defying soundscapes. Beyond music, he is a storyteller—pushing creative boundaries in filmmaking, branding, and digital art. Shakya's work embodies innovation and uniqueness seamlessly fusing nostalgia with the future, making him a true trailblazer in Nepal's evolving artistic landscape.

Symphony of Rohit & Trishala

Love, like music, is a symphony of emotions, timing, and harmony. Trishala and Rohit's journey began in 2018 during one of Rohit's evening sessions, where fate orchestrated their first meeting. What started as a work connection soon turned into an unbreakable bond.

Trishala's bubbly, vibrant energy found the perfect balance in Rohit's calm and steady nature. Together, they built not just a relationship but a partnership that thrived on mutual support, understanding, and shared dreams. In 2023, they tied the knot, marking the beginning of a new chapter. Beyond their personal journey, they've strengthened each other's ambitions and created synergy in their careers, proving that love isn't just about companionship but about growing and evolving together.

Trishala Gurung

Which of your original songs is the most personal to you, and why?

All of my songs hold a special place in my heart, but if I had to choose one, it would be my album, Kathmandu Sahar. It was my debut song and also the first track Rohit and I worked on together, making

it incredibly meaningful to me. It represents not just my musical journey but also a piece of my personal story, which makes it even more special.

You performed at the Asia Cup opening ceremony—how did that experience shape your musical career?

I initially received an email from the Pakistan League team, but I thought it was a scam. However, I decided to respond, and to my surprise, I was selected. The entire experience was overwhelming, as I wasn't just representing myself but my entire country. I wasn't much nervous about the performance itself, but rather about my clumsiness—I kept worrying that I might trip on the ramp! (laugh)

Any dream collaborations you'd love to see happen?

There are many artists I'd love to collaborate with, but if I had the chance to make a wish to God, it would be for a collaboration with Mariah Carey. Her range and timeless music have always been a huge inspiration to me since my early childhood. Working with her would be a dream come true, blending our styles to create something truly special.

In a world where doctors are expected

to be strictly rational, how did you decide to follow your passion for music instead of pursuing a career in medicine?

In a world where doctors are expected to be strictly rational, I chose to follow my passion for music instead of pursuing a career in medicine because, at the core, both fields share a common purpose: healing others. However, for me, music has always felt like a deeper connection. I made the decision to drop my plans to go to the UK and stay in Nepal to pursue my musical journey. Music is where I truly feel at home, and that's where my heart is.

How did growing up influence your approach to music?

Growing up, my environment had a big influence on my approach to music. My mom would listen to Bhajans and Lata Mangeshkar almost every day, which definitely shaped my Eastern musical tastes. My brother also had a collection of records, and as a little girl, I would often fiddle around between records, which inspired my own interest in music. In fact, I first discovered Mariah Carey through a poster on my brother's wall, which sparked a lasting love



➔ Though I have been trained in music since a young age, it morphed into a full-fledged career when I came across using technology to produce music.

for her music. These early experiences shaped the way I connect with music today.

Rohit Shakya

What's one piece of work—music or production—you're most proud of?

It's such an adventurous journey I've had in my music career where I got to work with hundreds of people till date and looking at that

journey, I feel like I'm proud of the day I picked up an instrument and instantly connected with music which has led me to believe in myself and be the person I'm now. So, I'm proud of each and every project or piece of work I ever got to be a part of.

You work in an industry that constantly demands innovation.

How do you stay ahead of the curve?

I think technology has always been the driving force in my creative process. Though I have been trained in music since a young age, it morphed into a full-fledged career when I came across using technology to produce music. Fast forward to the present and the future, I believe investment in technology to enhance the

process in my workflow is the solution to stay ahead of the curve.

What's the weirdest or most random thing that has ever inspired you to create something?

I usually get inspired by the space I'm around. We even produced a series of documentaries named "Fuzzscape" where we travel to different places and put ourselves there to be inspired by the surroundings and create music. In that series, we had lots of fun and met with such random inspirations and a realization of how much the surroundings play a role in your creativity and your judgment.

Your journey till fuzz factory, how was it, could you share your experiences and growth

While growing up, we always had a wish to take up an alternative career like creating art, making music, or working for ourselves, but we had no clue or guidance to do that here in Nepal. We were one of the first YouTube generation when we started. We slowly started pursuing this creative field into a full-fledged career once YouTube and other social media were booming. We started back in 2009, and till 2019, we did non-stop work like music videos, TV commercials, documentaries, and News pieces for international channels. Alternatively, we were also pursuing music production, Film Sound design and mixing, Film scoring and composition, etc. So, we have grown into a stable company with a portfolio of hundreds of

QUICK Q&A

How has marriage influenced your creativity?

Trishala: I'm married to a musical genius who encourages to push my own abilities and guides me with his vast experience.

Rohit: She gives me the courage and motivation to go ahead. Creativity is the process of finding the solution, and Trishala & my family gives me that inspiration.

What does a perfect day off look like for you?

Trishala: A perfect day off for me is spending cozy time at home, preferably with rain outside—it just makes everything feel more peaceful and relaxing.

Rohit: A perfect day off for me is to go to a quiet place and just relax.

One piece of marriage advice?

Trishala: One piece of marriage advice I'd give is that marriage is also about luck. While love and compatibility are key, seeking astrology approval can be something worth considering, as it can offer additional insight into compatibility and harmony.

Rohit: To be a good husband always - be a good listener!

Favorite part of each other's culture

Trishala: More than culture, what I truly love about my husband's background is his parents. They are incredibly supportive, and I feel so lucky to have them in my life!

Rohit: The best part of being a multicultural family is how we have so much in common. The names of traditions might be different but the core values are all the same. At the end, we are all just the same human beings.

What's one habit from your upbringing that you want to bring into your family?

Trishala: One habit from my upbringing that I'd love to bring into my family is the vegetarian lifestyle. I wish Rohit and his parents were vegetarians too—haha!

Rohit: One habit I'd like to bring into the family is to understand and listen to what the other person has to say and not just stick to your argument in a debate.

Favorite workpieces of each other?

Trishala: My favorite workpieces of his would be all of the songs from Jindabad. As the frontman of the band, his energy is unmatched, and it feels so different every time. I still feel starstruck at every 'Jindabad' concert to this day—his presence on stage is electrifying!

Rohit: Our first work together "Kathmandu Sahar"

successful projects to date. After covid, it hit me with a realization that the ceiling of growth of multimedia has been in a saturated state and it's really hard to break out of that ceiling not just in Nepal but across the world. So, we have been slowly shifting towards specializing in a certain area of production like Film Sound, and Music for the past few years and we've been lucky enough to be part of one of the biggest-grossing Nepali feature films. Just creating products is not enough for our growth so we have been engaging in giving masterclasses and workshops to aspiring musicians since last year and we are developing a standard curriculum for the same.

How has your understanding of love changed over the years?

My understanding of Love changed when I met my wife. I had always been enjoying my own headspace and caught up with my own passion for creating art one after the other. I didn't know how to share that space within me with anyone. But after I met Trishala, I felt we were so similar and so different at the same time. She feels like an extension of me, and sometimes, I see myself in her like a mirror. I've never had this kind of relationship with anyone, so I'm learning what this LOVE is.

Any musical mastery that we could expect from you in the near future?

Yes! I guess this is what we were both born to do and we will be doing till the last day on earth.

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BODY.

DO YOU NEED THERAPY?

A Psychologist's Guide to Knowing When to Seek Help

Therapy isn't just for crises—it's for anyone facing stress, self-doubt, or emotional struggles. "Do You Need Therapy?" debunks myths, highlights key signs, and offers practical steps to improve mental well-being

By Sneha Agrawal, Psychologist



Many people assume therapy is only for extreme cases. What are some subtle, everyday signs that someone might benefit from professional help? That's a common misconception—therapy isn't just for crises; it can be helpful for anyone facing challenges, big or small. Subtle signs that someone might benefit from therapy include persistent stress, irritability, loss of interest, trouble concentrating, avoidance of responsibilities, unexplained physical

symptoms, negative self-talk, unhealthy coping habits, sleep issues, and feelings of being stuck or hopeless.

These signs don't mean something is "wrong" with someone, just that they might benefit from extra support. Therapy can provide tools for managing emotions, improving relationships, and gaining clarity on personal challenges.

How do emotional numbness and over-productivity

sometimes mask deeper mental health struggles?

Emotional numbness and over-productivity can both serve as coping mechanisms for deeper mental health struggles, often without a person realizing it. Both patterns can create a false sense of control but often lead to burnout, isolation, and worsening mental health. In simple words, people say just get busy you won't have any negative thoughts, however, it can impact you in other ways too.

Can you share a common myth about therapy that prevents people from seeking help?

I think the most common one is we just talk and vent our feelings in therapy. We do it with our friends too. There is nothing much more than that.

Another one would be therapy is only for people with severe mental health issues. Many people believe that unless they are in crisis, they don't "need" therapy. In reality, therapy is beneficial for anyone dealing with stress, relationship challenges, self-doubt, or personal growth. It's a space to develop coping skills, gain self-awareness, and improve overall well-being—just like going to the gym for physical health.

If a loved one suspects someone needs therapy, what's the best way to approach the conversation without making them defensive?

If you think someone might need therapy, talk to them in a kind and supportive way. Pick a good time when they're calm, and let them know you've noticed they're struggling. Instead of saying, "You need therapy," try, "I've been worried about you—have you thought about talking to someone?" Remind them that therapy is normal and helpful, not just for big problems. Listen without pushing, and if they're open to it, offer to help find a therapist. The key is to show you care, not make them feel judged.



Can avoiding therapy lead to physical symptoms? What are some surprising ways mental distress manifests in the body? Many people hesitate due to stigma, cost, or accessibility. What are some creative or alternative approaches to getting the help they need?

If therapy isn't an option due to stigma, cost, or access, alternatives include low-cost or online therapy, support groups, self-help books, journaling, mindfulness, creative outlets, talking to trusted friends, and using crisis helplines. Exercise and nature can also support mental well-being. These options can help, even if they don't replace professional therapy. These alternatives aren't a replacement for therapy, but they can be great ways to start addressing mental health challenges in a more accessible way.

Can therapy be beneficial even when someone isn't in crisis? What does 'preventative therapy' look like?

We all know "Prevention is better than cure." So, if you have been noticing any changes for more than 15 days, visiting a therapist would help to address it at an initial stage and prevent

it from reaching a severe level. If you have a cough or cold, do you take medicine? Yes, right then why not the same for mental health?

At what age should parents start considering therapy for their child, and what are signs that it might be beneficial?

Parents can consider therapy for their child at any age if they notice emotional, behavioral, or social difficulties affecting their well-being. Therapy isn't just for older kids—child therapists use play and creative methods to help even young children express themselves.

Signs a child might benefit from therapy include:

- Struggling after big changes or trauma (divorce, loss, moving)
- Persistent anxiety, sadness, or mood swings
- Sudden behavioral changes (aggression, withdrawal)
- Trouble making or keeping friends
- Regression (bedwetting, baby talk)
- School difficulties (drop in grades, focus issues)
- Frequent physical complaints (stomachaches, headaches)

- Self-harm or risky behavior

If these issues persist or affect daily life, therapy can help them cope and express their feelings.

Are there any daily habits or self-check-ins that mimic the benefits of therapy and help maintain mental health?

Yes! While nothing fully replaces therapy, daily habits and self-check-ins can support mental well-being and mimic some of its benefits. Here are a few:

Daily Habits for Mental Health

- Journaling: Write down your thoughts and feelings to clear your mind and let go of stress.
- Mindfulness & Meditation: Take a few minutes to be present, breathe, and relax—it can help you feel more in control.
- Daily Check-Ins: Ask yourself: "How am I feeling today?" and "What do I need right now?"
- Gratitude: Think of three good things in your life—it helps shift your focus to the positive.
- Move Your Body: Exercise, stretch, or go for a walk to boost your mood and relieve stress.

- Deep Breathing: Slow, deep breaths can help you feel calmer and more grounded.
- Set Boundaries: Say no when you need to, and don't let others drain your energy.
- Stay Connected: Talk to friends or family regularly—support makes a big difference.
- Do What You Love: Spend time on hobbies or activities that make you happy.
- Be Kind to Yourself: Treat yourself with the same kindness you'd show a friend.

These small habits can improve emotional awareness, resilience, and overall mental well-being.

"Seeking therapy is not a sign of weakness—it's an act of strength and self-care. Just as we take care of our physical health, our mental well-being deserves the same attention. Remember, you don't have to face everything alone—help is available, and you deserve support."



SNEHA AGRAWAL CHAUDHARY is an experienced licensed psychologist with over a decade of experience in clinical psychology. Holding a Master's Degree in Applied Psychology from the esteemed University of Delhi, Sneha specializes in Cognitive Behavioral Therapy. Currently practicing at Norvic International Hospital, she is deeply committed to helping individuals navigate various mental health challenges.

⬇ Many people believe that unless they are in crisis, they don't "need" therapy. In reality, therapy is beneficial for anyone dealing with stress, relationship challenges, self-doubt, or personal growth.

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T H E E T E R N A L CYCLE

New Beginnings, Rebirth, and the Death of Ego Through Yoga and Psychedelics

Yoga and psychedelics reveal life as an endless cycle of transformation, dissolving the ego and embracing renewal. Rooted in Nepali traditions, these practices teach that death—whether of identity or belief—is not an end but a doorway to growth. In surrendering to change, we find freedom and new beginnings in every moment.

By Vijay Vaidya



Life is an endless cycle of creation, dissolution, and rebirth. Just as the sun rises and sets, each moment carries the potential for renewal and change. In both yoga and psychedelic experiences, this theme of transformation is profound—inviting us to shed layers of baggage, transcend the ego, and step into a deeper understanding of ourselves and the universe. Across centuries, Nepali culture has embraced these tools, recognizing that true liberation lies in surrendering to the eternal flow of existence.

This surrender is not a passive act—it is an opening, a willingness to be reshaped. We speak of death here not as an end but as a metaphor for the many ways we outgrow ourselves. A belief, a habit, a way of seeing the world—these too can fall away, making space for something more honest, more expansive. Through yoga and psychedelic journeys, we learn to trust that what dissolves is not lost, but transformed.

Yoga and Psychedelics in Nepali Culture

Yoga teaches impermanence through the body. Each breath is a cycle, each posture a moment that arises and passes. Nothing stays fixed—not tension, not thought, not even identity. We arrive on the mat thinking we know who we are and leave having let go of something small but significant. It is this gentle, repeated release that begins to shift the inner landscape. Slowly, and quietly, we begin to understand that change is not something to

fear—it is the most natural thing there is.

Yoga asana—the physical postures—serves as both a mirror and medicine. They reflect where we are holding back, where we are rigid, and where we are ready to grow. Each pose is an opportunity to meet our edge with curiosity instead of fear. In deep hip openers or long-held forward folds, we are invited not only to stretch the body but to stretch our willingness to change. Transformation doesn't always roar; sometimes, it arrives as a slow unfolding in a quiet room.

In Nepal, sacred plants have long been intertwined with spiritual practices. Shiva, the primordial yogi, is often depicted in deep meditation with cannabis, a plant still used in ritualistic settings to expand consciousness. Similarly, certain Himalayan shamans have worked with psychedelics to access higher states of awareness. These experiences mirror the yogic path—both guiding the practitioner toward unity, the dissolution of the self, and the recognition that death, whether literal or metaphorical, is merely a doorway into something new.

Nepal has long been a land where spiritual seekers come to explore the depths of consciousness. The

Himalayan foothills have witnessed yogis practicing in caves for millennia, renouncing worldly attachments in pursuit of enlightenment. Ancient texts speak of soma, a mysterious psychedelic brew believed to grant divine insight, while cannabis remains a sacred offering during festivals like Shivaratri. These traditions remind us that altered states of consciousness, whether reached through disciplined practice or sacred plant medicine, have always been pathways to self-discovery and transcendence.

Death as a New Beginning

In yoga philosophy, death is never seen as an end but as part of the cosmic rhythm. The Bhagavad Gita reminds us that the soul is eternal, merely changing forms as one discards old garments. Psychedelic journeys, too, often bring visions of past lives, dissolution into light, and a sense of returning home to something timeless. These experiences dismantle the fear of death, revealing it as a transition rather than a finality.

Even in the daily cycle of life, death and rebirth occur continuously. The breath itself is a reminder—each exhale a small death, each inhale a renewal. The day, no matter how bright, must become night. Yet, in the

darkness, the promise of a new day awaits. Yoga teaches us to embrace these cycles, to surrender rather than resist, and to find peace in the impermanence of all things.

In a world that often urges us to hold on—tightly, defensively—yoga and psychedelics offer a radical alternative: release. And in that release, a soft kind of freedom. The kind that says, no matter where you've been or what you've carried, something new is always possible.

And perhaps that, more than anything, is what spring teaches us—not through the weather, but through the deeper pulse of life itself. Just as night turns to day, and winter to spring. Let's all blossom into the people we want to become. Shedding and not being afraid to let go of what needs to be released.

There is a new beginning, in every day!



Vijay Vaidya, a certified Ashtanga vinyasa teacher, has taught over 1000 students worldwide, including in Nepal, Bali, Vietnam, and Copenhagen. He specializes in Ashtanga yoga, including hip opening, hand balance, inversions, back bending, power Ashtanga, restorative yoga breath work, and pranayama, ensuring correct asana execution.

SPRING AWAKENING

A FRESH START WITH NUTRITION FOR REJUVENATION

Spring in Nepal is a time for renewal, making it the perfect season to refresh health with light, nutrient-rich foods. Transitioning from winter's heavier meals, a diet rich in seasonal fruits, greens, fermented foods, and hydration boosts energy, digestion, and skin health.

Embracing local superfoods and mindful nutrition supports detoxification, gut health, and hormonal balance. This season, let's nourish our bodies and embrace a fresh start from within.

By Anjali Goel, Nutritionist



SPRING IN NEPAL is not just a season of blooming flowers and warmer days; it's also the perfect time for a health and wellness reset. After months of consuming heavy, warming foods during winter, our bodies crave light, fresh, and detoxifying meals. This is the ideal time to transition to seasonal, nutrient-rich foods that enhance energy, boost skin health, and improve digestion.

Spring Detox: Cleansing from Within

Winter often leads to the accumulation of toxins due to reduced physical activity and heavier meals. A natural detox doesn't mean extreme dieting; instead, focus on including:

- Citrus fruits (oranges, lemons, limes) – Rich in vitamin C, they aid digestion and boost immunity.
- Green leafy vegetables (saag, spinach, fenugreek leaves) – High in antioxidants and fibre, they support liver detoxification.
- Cucumber and bottle gourd (lauka) – Help in hydration and flushing out toxins.

Homemade detox water
Soak lemon, mint, and cucumber in water for a refreshing drink that aids digestion.

Spring Superfoods for Glowing Skin

Skin tends to become dull after winter, and the right nutrition can bring back its natural glow. In Nepal,

some of the best spring-friendly superfoods include:

- Strawberries and papaya – High in antioxidants that prevent skin aging.
- Amla (Indian gooseberry) – A powerhouse of vitamin C for collagen production.
- Sesame seeds and flaxseeds – Provides omega-3 fatty acids for skin hydration.
- Curd – A natural probiotic that helps in gut health, reflecting glowing skin.

Transitioning to Lighter Meals

Spring is about fresh beginnings, and this includes food choices. Instead of deep-fried or rich curries, opt for:

- Fresh salads with local vegetables – Cabbage, radish, and cucumbers are great additions.
- Lentil-based soups (dal soups) – Light yet protein-rich to maintain energy levels.
- Seasonal fruits for snacks – Watermelon, musk melon, and guava are hydrating and nutrient-dense.

Gut Health Reset with Nepali Fermented Foods

A healthy gut means better digestion, clear skin, and strong immunity. Some of Nepal's traditional gut-friendly foods include

- Gundruk (fermented leafy greens) – A

probiotic-rich food that supports digestion.

- Sinki (fermented radish roots) – Great for gut bacteria and improves metabolism.
- Homemade pickles (less salty and oily versions) – A good source of natural probiotics.

Staying Hydrated: More Than Just Water

With rising temperatures, hydration is key to maintaining energy. Apart from water, try

- Sattu (roasted gram flour drink) – A traditional energy booster with protein.
- Lassi or chaas (buttermilk) – A cooling probiotic drink perfect for digestion.
- Herbal teas (tulsi, ginger, chamomile) – Helps with relaxation and metabolism.

Hormonal Balance & PCOS Care in Spring

For women dealing with PCOS or hormonal imbalances, spring is the right time to focus on hormone-friendly foods like:

- Flaxseeds and pumpkin seeds – Help regulate estrogen levels.
- Cinnamon and fenugreek (methi seeds) – Improve insulin sensitivity.
- Sprouted lentils (moth, moong, chana sprout) – High in fibre and aid in weight management.

Final Thoughts: A Season of Renewal

Spring is not just a change in the weather; it's an opportunity to refresh your health and embrace a lighter, fresher, and more nutrient-dense diet. By incorporating seasonal Nepali foods, staying hydrated, and making mindful food choices, you can feel more energized, improve digestion, and enhance your skin health.

This season, let's welcome renewal—not just in nature but also in our lifestyle and well-being.



Anjali Goel, a clinical and sports nutrition consultant, offers personalized nutrition services to Nepalese and the Nepalese diaspora worldwide. Her brand, Nutrimantra, focuses on creating customized nutrition plans tailored to individual health goals and lifestyle habits, using ingredients and cuisine from the Nepali Kitchen.

SOUND *Alchemy*



Sound Alchemy is a transformative sound therapy using vibrations for deep relaxation. At Avata Wellness, I experienced a soothing sound bath led by Nabila Isa, featuring singing bowls, rain sticks, and ocean drums. The session fostered inner peace, balance, and renewal—an experience I highly recommend.

By Malika Joshi

Recently, I attended a unique experience of sound therapy at Avata Wellness, Baluwatar. The sound bath session, hosted by Pranavayuj in the serene studio of Avata Wellness Center, was an experience unlike any other—a mystical, calming retreat from the busyness of everyday life. For 40-45 minutes, I was enveloped in a beautifully woven tapestry of sounds, connecting with my inner vibrations and guiding me into a deep state of relaxation. It was a fortunate opportunity to reconnect with myself and embrace stillness.

Sound Alchemy – What is it?

Sound Alchemy is a heart-centered form of sound therapy that harnesses intentional vibrations to invoke compassion, deepen self-awareness, and facilitate mind-body equilibrium. This practice utilizes specific instruments, harmonies, and frequencies to release tension, rebalance emotions, and remove energetic blockages. Sound healing has long been recognized for its stress-reducing and relaxation-enhancing effects, helping individuals attune to their inner rhythm and elevate their vibrational state. Each sound bath session is a journey—an opportunity to surrender to the moment and let the sound waves recalibrate the body and mind.

The Experience

The session began with expansive meditation

techniques, incorporating deep breathing and chanting mantras to align with each of the seven chakras. As we lay down on mats, eye masks gently covering our eyes, we surrendered to the symphony of sounds. Our hosts, Nabi and Prakrit, guided us through rhythmic breathing while introducing an array of musical instruments.

The sounds that filled the space mimicked elements of nature—rainfall, the rush of wind, birdsong, and the gentle lapping of ocean waves. Each strike of the singing bowl carried a unique resonance, creating a sense of floating weightlessly. The ambient sounds encouraged an emptying of the mind, allowing us to fully immerse in the present moment. By the end of the session, I felt a sense of positivity, calmness, and inner peace. Beyond individual healing, this practice fostered collective energy, reinforcing the

power of community and shared experience. It was a soul-stirring inward journey, offering a rare pause from the rush of life.

A Conversation with Nabila Isa

Nabila Isa, the host for the day, originally from Venezuela, discovered sound therapy during her own healing journey in Nepal. Her deep connection with this practice has led her to guide others in exploring the transformative effects of sound healing.

Besides mental well-being, what physical benefits can we gain from sound therapy?

Nabila: Sound therapy extends beyond mental relaxation; it profoundly impacts physical health as well. Exposure to vibrations and specific frequencies can help balance the body's energy at a cellular level,

enhancing overall well-being. The practice has been found to lower blood pressure, improve sleep quality, and even aid in pain relief by stimulating the body's natural healing processes.

What instruments were used in the session?

Nabila: We incorporated a variety of instruments, each with its unique vibrational purpose. The singing bowl produces deep, resonating tones that align the body's energy. The rain sticks mimic the soothing sound of rainfall, while the ocean drum replicates the calming waves of the sea. Wind chimes evoke the whisper of the breeze, and shamanic drumming mirrors the pulse of the earth, grounding us in its rhythm. Additionally, instruments like chakapas, seed pot rattles, and gongs work to dispel negative energy and promote serenity.

As a first-time participant, I was amazed at how effortlessly I was transported into a meditative state. There was nothing to do but lie down, breathe, and allow the vibrations to guide you. Time seemed to pause as the rhythmic sounds washed over me, leaving me in a state of tranquility.

Sound alchemy is a reminder of the power of stillness. It teaches us to listen—not just to external sounds but to the whispers of our own soul. Whether seeking relaxation, healing, or deeper connection, book your session at Avata to experience the sound bath. It is a gateway to inner harmony—an experience I would highly recommend to anyone looking to reset and recharge.

↓ The sounds that filled the space mimicked elements of nature—rainfall, the rush of wind, birdsong, and the gentle lapping of ocean waves. Each strike of the singing bowl carried a unique resonance, creating a sense of floating weightlessly.

SPRING SKINCARE

YOUR BURNING QUESTIONS ANSWERED!

Spring is here, and so are your skincare questions! From minimizing pores on a budget to tackling wrinkles and whiteheads, I've answered your top concerns in this special skincare guide. Get ready to refresh your routine and glow all season long!



SAY GOODBYE to winter blues and hello to spring skin questions! As the season changes, our skin reacts in different ways, and I know how overwhelming it can feel to figure out the right routine. To make it fun and interactive, I reached out to my amazing Instagram community and asked what's been on their minds. The questions poured in, and I'm thrilled to answer some of them right here in this Smart family's spring skincare special. Let's dive in!

How do you close pores on a budget?

First things first — you can't actually "close" pores, but you can minimize their appearance! Start with a gentle cleanser to remove dirt and oil. Then, use a toner with witch hazel or niacinamide to help tighten the skin. Clay masks once a week work wonders to draw out impurities, and a splash of cold water after cleansing gives an instant tightening effect. Budget-friendly favorites? Try a simple green tea toner and a clay mask, depending on your budget.

Best skincare for dry skin?

Dry skin loves hydration! Look for a gentle, hydrating cleanser (avoid foaming ones) and follow up with a hyaluronic acid serum to lock in moisture. Use a thick, ceramide-rich moisturizer to protect your skin barrier. For daytime, don't forget SPF! One trick I love is applying a thin layer of my favorite nighttime moisturizer and seal with

↓

Prevention is easier than correction, but it's never too late to start! Incorporate a retinol product into your night routine (start slowly, 2-3 times a week) to boost collagen and smooth fine lines.

my favorite skin oil or a nighttime sleeping mask at night to wake up with plump, hydrated skin.

Affordable moisturizer for dehydrated skin that gives glow?

Dehydrated skin needs moisture and hydration — two different things! Look for a moisturizer with hyaluronic acid and glycerin to pull water into the skin and lock it in with ingredients like squalane or ceramides. A personal favorite is the Axis Y glow cream — it hydrates beautifully without feeling heavy and gives a lovely glow.

Will wrinkles that started after 30 go away if I start skincare now?

Prevention is easier than correction, but it's never too late to start! Incorporate a retinol product into your night routine (start slowly, 2-3 times a week) to boost collagen and smooth fine lines. Pair it with a hydrating moisturizer, and always, always use sunscreen during the day. While deep wrinkles might soften but

not disappear, consistent care will improve texture and glow!

Any roll-ons for dark underarms that work? I'm tired of trying new ones!

Dark underarms are super common and often caused by friction, sweat, or product buildup. Look for roll-ons with niacinamide, licorice extract, or AHAs (alpha hydroxy acids) — they gently exfoliate and brighten the area over time. Nivea's Whitening Deodorant is a great budget option. Also, exfoliate the area twice a week with a gentle scrub or a chemical exfoliant for faster results.

How do you remove whiteheads?

Whiteheads form when pores get clogged with oil and dead skin. The key is regular exfoliation! Use a salicylic acid (BHA) cleanser to unclog pores and a gentle exfoliating toner 2-3 times a week. Steaming your face once a week before exfoliating can help open up pores and make the process more effective. For stubborn ones, professional extractions are the safest bet.

Bonus Love Note

One message that really touched me was from @ierinnerung, who said: "Just want to say you are amazing" Thank you! It's messages like these that inspire me to share my knowledge and keep the beauty conversation going.

Spring is the perfect time to refresh your skincare routine, and I hope these answers help you on your glow-up journey. Keep the questions coming, and who knows — you might be featured in the next edition!

Stay glowing!



Itchya Karki

The dynamic force behind Nepal's leading beauty brand, The Beauty Bar. With a passion for revolutionizing the beauty landscape, Itchya embarked on her journey in 2016 in Nepal, founding The Beauty Bar. She is a visionary, certified, and passionate aesthetician and skin consultant with an unwavering dedication to excellence.



FOOD.

SUMMER COOLERS

AYURVEDIC TIPS FOR THE WHOLE FAMILY

Stay cool and balanced this summer with Ayurvedic tips to pacify Pitta dosha. Discover hydrating drinks, cooling foods, and lifestyle practices to prevent heat-related discomfort and stay energized all season.

By Chef Sandeep Khatri

As the warmth of summer starts to unfold across Nepal this April, our bodies naturally begin to adjust to the seasonal transition. According to Ayurveda, the science of life and longevity, each season is governed by a specific dosha (bio-energy). Summer is ruled by the Pitta dosha, which is associated with the elements of fire (Agni) and water (jala). The increasing heat of summer tends to aggravate Pitta, leading to excess body heat, irritability, digestive issues, and dehydration.

To stay balanced and vibrant during summer, it's essential to adapt our diet and lifestyle to pacify Pitta. Ancient Rishis (sages) have provided profound insights into seasonal changes and their impact on human health through the Vedas and classical Ayurvedic texts like the Charaka Samhita and Sushruta Samhita. By aligning our daily habits with nature's rhythm, we can maintain inner harmony and vitality during summer.

What Ancient Rishis and the Vedas Say About Summer

In the Ayurvedic texts, summer corresponds to the period of Grishma Ritu (mid-May to mid-July). It is marked by the dominance of the Pitta dosha, which increases body heat and reduces strength and digestive power. The ancient Rishis advised that summer is a time to cool and soothe the body with light, hydrating, and nourishing foods.

Shloka from Charaka Samhita (Sutrasthana 6.3) mentions during summer, one should consume foods that are

- Sheeta (cooling)
- Drava (liquid)
- Mridu (soft)
- Snigdha (unctuous)
- Tikta (bitter)
- Madhura (sweet)
- Kashaya (astringent)
- Light and easy to digest

The sages emphasized the need to consume foods that balance the fiery nature of Pitta while avoiding heating, spicy, salty, and oily foods that can aggravate it.

The Influence of Weather on Doshas

Ayurveda explains that the body's internal balance is directly influenced by the external environment, including seasonal weather patterns.

As summer approaches, the rising heat leads to an accumulation of Pitta, causing symptoms like

- Excess body heat
- Acid reflux and digestive discomfort
- Skin issues like rashes and acne
- Irritability and anger
- Dehydration and fatigue

Ayurvedic Remedies to Cool and Rejuvenate the Body in Summer

To balance Pitta and stay energized during summer, Ayurveda recommends the following remedies

Hydration with Cooling Drinks

- Amla (Indian gooseberry) Juice – Rich in Vitamin C, reduces

inflammation and strengthens immunity.

- Coconut Water – Naturally cooling and rich in electrolytes.
- Rose and Sabja (basil seed) Drink – Hydrating and soothing to the digestive system.
- Fennel and Mint Water – Aids digestion and calms body heat.
- Buttermilk (Takra) – Light, cooling, and probiotic, aids in gut health.

Pitta-Pacifying Foods

- Watermelon and Cucumber – High water content helps cool and hydrate.
- Bottle Gourd (Lauki) – A light vegetable that calms heat.
- Sweet Fruits – Mango, ripe banana, grapes, and pomegranate.
- Leafy Greens – Spinach and coriander soothe internal heat.
- Coconut and Mint – Cooling and refreshing.
- Barley and Rice – Light grains that are easy to digest and reduce body heat.

Spices and Herbs to Balance Pitta

Ancient Rishis recommended specific spices and herbs to reduce heat and aid digestion:

- Coriander – Cooling and aids in digestion.
- Fennel – Reduces bloating and calms the digestive tract.
- Mint – Naturally cooling and refreshing.
- Cardamom – Reduces acidity and calms the stomach.
- Turmeric – Anti-inflammatory and aids in detoxification.

- Cumin – Improves digestion without increasing heat.
- Saffron – Balances Pitta and enhances mood.
- Rose Petals – Cooling and anti-inflammatory.

Lifestyle Recommendations

- Avoid intense physical activity during the hottest part of the day.
- Wear light cotton clothing in soothing colors like white, blue, and green.
- Use sandalwood oil or paste to cool the body.
- Massage with coconut oil to calm Pitta and nourish the skin.
- Practice sheetali pranayama (cooling breath) to lower body heat and calm the mind.
- Stay indoors during peak sun hours and seek shade when outdoors.

Simple Recipe: Mint and Cucumber Cooler Ingredients

- 1 cucumber, peeled and chopped
- 10 mint leaves
- 1 tsp honey
- 1 pinch of rock salt
- 1 glass of cold water

Method

- Blend all the ingredients until smooth.
- Strain if needed and serve chilled with a mint garnish.
- Enjoy this refreshing drink to cool down and stay hydrated.



Ayurvedic Cooling Lassi Recipe

Rose and Mint Ayurvedic Lassi

This Ayurvedic lassi is designed to balance Pitta dosha and cool the body during summer. Rose, mint, and yogurt are naturally cooling and help soothe the digestive tract while

refreshing the mind and body.

Ingredients

- 1 cup fresh yogurt (preferably homemade or probiotic)
- 1/2 cup chilled water (adjust based on thickness preference)
- 1 tsp rose water (or 2–3 organic rose petals)
- 5–6 mint leaves (fresh and chopped)
- 1 tsp honey (optional, for sweetness)
- A pinch of cardamom powder (for aroma and digestion)
- A pinch of rock salt (balances electrolytes)

Method

- In a blender, add yogurt and chilled water. Blend until smooth and frothy.
- Add rose water, mint leaves, honey, cardamom, and rock salt. Blend gently.
- Pour into a glass and garnish with a mint leaf and rose petal.
- Serve chilled.

Ayurvedic Benefits

- Rose – Cooling and soothing to the heart and mind, reduces inflammation.
- Mint – Aids digestion, reduces body heat, and calms the nervous system.
- Cardamom – Balances Pitta, aids in digestion, and adds a refreshing flavor.
- Yogurt – Probiotic and nourishing, strengthens the gut and hydrates the body.
- Rock Salt – Maintains electrolyte balance and prevents dehydration.

Ayurvedic Cooling Mohi Recipe

Mint and Cumin Mohi

Mohi (buttermilk) is a lighter and more affordable alternative to lassi, perfect for summer. It's naturally probiotic and helps balance Pitta dosha by cooling the body, improving digestion, and preventing dehydration. Adding cumin and mint enhances its digestive and cooling properties.

Ingredients

- 1 cup mohi (diluted buttermilk)
- 1/2 cup cold water (adjust based on thickness)
- 5–6 mint leaves (chopped)
- 1/2 tsp cumin powder (roasted for better flavor)
- A pinch of rock salt (for electrolyte balance)
- A pinch of black salt (optional, for added taste)
- 1 tsp honey (optional, for mild sweetness)

Method

- In a clay or glass bowl, mix mohi and cold water until smooth.
- Add mint leaves, cumin powder, rock salt, and honey.
- Stir well or blend for a smoother consistency.
- Pour into a glass and garnish with a sprinkle of cumin and mint leaf.
- Serve chilled.

Ayurvedic Benefits

- Mohi – Light and easy to digest, balances Pitta and improves gut health.



- Mint – Cooling and refreshing, reduces body heat and aids digestion.
- Cumin – Improves digestion and reduces bloating.
- Rock Salt – Restores electrolyte balance and prevents fatigue.
- Black Salt – Enhances taste and supports digestion.



Chef Sandeep Khatri, Pakmharishi, a Glion-educated culinary expert, integrates psychology and food technology, champions Raithane Food, minimizing post-harvest losses, and advocates zero waste.

The Historic Invention: Rava Idli

Rs. 335



A new beginning often emerges from unexpected challenges. During World War II, when rice became scarce due to Japan's invasion of Burma, the primary supplier of rice to South India, the inventive chefs at Bangalore's Mavalli Tiffin Rooms (MTR) sought an alternative to the traditional rice-based idli. They experimented with semolina (sooji), blending it with yogurt and a medley of spices, then steaming the mixture to create the first Rava Idli—a dish that quickly became a beloved staple in South Indian Cuisine. This innovation not only addressed the wartime rice shortage but also introduced a healthy and flavorful addition to the culinary landscape.

Building on this legacy of innovation, MTR has expanded globally, with outlets in cities like Dubai, Singapore, Kuala Lumpur, London, Seattle, and now Kathmandu.

Here, MTR 1924 Kathmandu welcomes everyone at its locations in Kamaladi and near the Pashupatinath Temple, offering authentic vegetarian South Indian flavors to all the families here.

Located in Kamaladi and near Pashupatinath in Kathmandu, Mavalli Tiffin Rooms (MTR) is a century-old international brand renowned for its authentic South Indian vegetarian cuisine since 1924. With a strong presence in the UAE, Singapore, Malaysia, the UK, and the USA, MTR now brings its commitment to hygiene, health, and high-quality flavors to Nepal. Experience the rich culinary heritage of MTR, where tradition meets excellence, served with warm and welcoming hospitality



MTR 1924 Kathmandu
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What sets Gajar Ko Haluwa at The Society apart is their unwavering commitment to authenticity and quality. Presented with a refined, contemporary touch, it promises to delight those who seek both nostalgia and novelty in their culinary experiences. Whether savored as a cozy, comforting treat or a decadent conclusion to a lavish meal, this dessert is sure to leave a lasting impression.

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The Society Fine Dining Redefined, a serene oasis in Chandol, Kathmandu, offers luxurious, multi-cuisine dining for every taste. Their spacious family restaurant features a dedicated kids' play area, perfect for family outings. With valet parking for your convenience, choose from inviting indoor seating, a scenic outdoor terrace, or exclusive VIP sections. Immerse yourself in a captivating atmosphere, enjoying everything from authentic Nepali delicacies to global flavors. Whether you're savoring a family dinner or celebrating life's special moments like birthdays, engagements, and baby showers, The Society ensures every visit is unforgettable. At The Society, every meal becomes a cherished family memory, making it the perfect destination for families seeking an extraordinary dining experience.

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○ Shish Taouk

The Shish Taouk, a tender chicken infused with a blend of Arabic spices, is well-marinated and grilled to perfection. Served on skewers with bell peppers and onions, it adds a charred, smoky essence to each bite. This dish is incredibly versatile, serving well as both an appetizer and a main course, with refreshing sides combining creamy garlic sauce and fattoush.

○ Falafel

Perfectly crispy on the outside and soft on the inside, these golden-brown bites are a well-balanced mix of earthy, nutty, and mildly spiced flavors. The falafel is served with a rich and creamy garlic sauce, bursting with bold, garlicky zing that enhances the crispy lightness of the warm falafels. Light yet flavorful, this dish is a must-try.





○ Cold mezze

The cold mezze platter features a selection of traditional Mediterranean appetizers. The rich, well-balanced, and creamy hummus, the sweet, smoky punch of the muhammara, and the delightful roasted eggplant flavor of the baba ganoush are all highlight offerings. A crunchy fattoush salad provides a pleasant zesty kick, while the tzatziki offers a cool, tangy respite—perfect for a tasty yet light start.

○ Basbousa

Basbousa, a traditional dessert made from semolina flour, is baked to a golden hue and soaked in sugar syrup. It has a moist and slightly grainy texture, with added crunch from the pistachio and almond topping. The subtle nuttiness and fragrant syrup make this dish a satisfying way to end a meal.



Exploring the Complex World of Coffee

From Brewing Methods to Health Benefits

Coffee has evolved from a simple drink to a complex world of flavors, brewing methods, and health benefits. Recent research highlights its potential to improve heart health, reduce inflammation, and offer antioxidant properties. Innovations like decaf and coffee kombucha provide new ways to enjoy coffee, while understanding its nuances helps us make informed choices for health and taste.

By Sushil Thapa





Coffee, a beloved beverage for many, has evolved from a simple morning ritual to a complex world of flavors, brewing methods, and health considerations. I happened to listen to a recent conversation between coffee aficionados, Mr. James Hoffman, and Professor Tim Spector from Kings College, various aspects of coffee, including brewing techniques, caffeine content, and health benefits, were discussed in detail.

Years of belief in the harmful effects of coffee have been overturned, with recent research highlighting its health benefits. Drinking coffee has been linked to a 25% reduction in heart attack risk, indicating its potential as a healthy drink. However, the method of coffee preparation can significantly impact its health benefits.

One fascinating aspect explored was the extraction yield in instant coffee compared to traditional brewing methods. Instant coffee manufacturers can achieve up to 55% extraction yields, nearly double that of home brewing methods. However, this high extraction comes with a trade-off – lower quality raw materials and compromised flavor. Despite the convenience of instant coffee, its cost-driven manufacturing processes often prioritize yield over taste.

While some experts caution against excessive caffeine consumption due to its potential impact on sleep, others advocate for moderation and timing. The key lies in understanding how caffeine interacts with metabolism and recognizing its effects on individual health. Ultimately, the newfound appreciation for coffee's complexity underscores its potential as a health-promoting beverage, challenging previous misconceptions and paving the way for further research and understanding

The intriguing world of decaffeinated coffee, highlighting its underrated status and the decaffeination process. While decaf has historically been seen as a compromise, it is possible to produce high-quality decaf with a delicious flavor profile. For those sensitive to caffeine or concerned about sleep, decaf offers a viable alternative without sacrificing taste or health benefits. Caffeine and Chlorogenic acids are known for their antioxidant properties. Studies show it reduces inflammation and improves heart health. Chlorogenic Acid is responsible for the bitter taste in the coffee. The content of the brewed coffee, noting its light roast and relatively low fiber content compared to darker roasts. The decaf coffee highlights its underrated status and explains the decaffeination process. Despite being caffeine-sensitive, one can enjoy decaf for its taste, and can also protect a good night's sleep.

In contrast to decaf, instant coffee presents a unique set of challenges. Despite its convenience, instant coffee typically contains lower levels of polyphenols and lacks the complex flavor profile of freshly brewed coffee. However, for individuals seeking a quick caffeine fix, instant coffee remains a popular choice, albeit with some compromises in taste and quality. By analyzing data from over 40,000 individuals, the study aims to unravel the complex relationship

between coffee intake and microbial composition. Early findings indicate a consistent association between coffee consumption and specific microbial profiles, hinting at potential health implications.

It is important to remember that, at times we tend to underscore the multifaceted nature of coffee beyond its caffeine content. As research continues to unveil its diverse array of compounds and their effects on health, coffee emerges as a fascinating subject deserving of further exploration.

One innovative twist on traditional coffee brewing is coffee kombucha, a fermented beverage that combines the flavors of coffee and tea. This probiotic-rich drink offers a unique taste experience, blending the acidity of coffee with the tanginess of kombucha. While coffee kombucha may not be to everyone's taste, it represents a creative exploration of alternative coffee consumption methods.

From a health perspective, coffee offers a range of benefits, including potential improvements in heart health and microbiome function. While caffeine intake may raise concerns for individuals with high blood pressure, studies suggest that moderate coffee consumption is generally safe and may even have long-term health benefits. Decaf coffee provides a caffeine-free option for those with sensitivity or health

concerns, while still offering many of the same polyphenol benefits as regular coffee. Some of them are as follows:

Antioxidant properties: Polyphenols are powerful antioxidants that help neutralize harmful free radicals in the body, reducing oxidative stress and lowering the risk of chronic diseases such as cardiovascular disease and cancer.

Anti-inflammatory effects: Polyphenols in coffee have been shown to possess anti-inflammatory properties, which may help reduce inflammation in the body and alleviate symptoms of inflammatory conditions like arthritis.

Improved heart health: Some studies suggest that polyphenols in coffee may help improve heart health by lowering LDL cholesterol levels, reducing the risk of atherosclerosis, and promoting healthy blood vessel function.

Enhanced cognition: Polyphenols in coffee have been linked to improved cognitive function and a reduced risk of neurodegenerative diseases such as Alzheimer's and Parkinson's disease.

Blood sugar regulation: Certain polyphenols in coffee may help regulate blood sugar levels and improve insulin sensitivity, which can be beneficial for individuals with

diabetes or those at risk of developing the condition.

In conclusion, the world of coffee is rich and diverse, offering a myriad of flavors, brewing methods, and health considerations. Whether enjoying a freshly brewed cup at a local coffee shop or experimenting with alternative brewing techniques at home, coffee enthusiasts have a wealth of options to explore. By understanding the nuances of coffee extraction, caffeine content, and health benefits, individuals can make informed choices that suit their taste preferences and lifestyle needs. So, the next time you reach for your morning cup of joe, consider the journey it has taken from bean to brew and savor every sip of this beloved beverage.

Article based on: Coffee discussion of Renowned coffee expert James Hoffman, alongside Professor Tim Spector from Kings College



Sushil Thapa, secretary of BAG | MJF Diamond Lion of LCI, contributor to Quality Management System as Six-Sigma Black Belt, dedicated medical magazine publisher, committed to advocate for wellbeing and healthy lifestyle. He preserves and promotes ancient literature while aiming to innovate Natural Super Food out of local food grain and fruit.

⬇️ **Early findings indicate a consistent association between coffee consumption and specific microbial profiles, hinting at potential health implications.**

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Yala Garden Café & Restro in Lalitpur offers a serene dining experience within a UNESCO Heritage Building, blending cultural charm with modern flavors. From refreshing Italian bruschetta to rich pasta dishes and succulent grilled pork chops, the restaurant presents a diverse menu that appeals to both tourists and locals, making it the perfect place to savor both Nepali and international cuisines in a historic setting.

By Malika Joshi



NESTLED IN the nook of Mangal Bazaar, Lalitpur, Yala Garden Cafe & Restro offers a unique dining experience that blends cultural heritage with modern flavors. Set within a UNESCO Heritage Building, this charming restaurant features a lush garden, creating a serene retreat from the city's hustle. The property has been thoughtfully converted by the Patan Tourism Development Organisation with support from the UNESCO World Heritage Centre as part of their quality tourist accommodation project.

A true canvas of ancestral architecture and rustic charm, Yala Garden showcases captivating cultural artifacts—from furniture and artifacts to washroom basins, rickshaws, and traditional seating areas. Located near Durbar Square, it serves as an attraction not only for tourists but also for locals looking to immerse themselves in a mini-traditional space. Yala Garden offers a diverse menu featuring both Nepali and international cuisine, especially Italian. Savor your meal in its peaceful ambiance while admiring the historic architecture.



○ **Spaghetti Alla Carbonara**

Spaghetti alla Carbonara - classic Italian dish. Their al dente spaghetti soaks up the creamy, velvety sauce, creating a rich texture. The crispy bacon bits further add a satisfying crunch and taste. Topped with delicate parmesan cheese and a hint of fresh parsley, this classic Italian dish strikes the perfect balance of Savory and smooth. Every bite is a comforting blend of flavors that you'll absolutely love to indulge in.

○ **Mozzarella Deep Fried**

The golden-fried mozzarella sticks were a delicious indulgence—crispy on the outside with a gooey, melted cheese center. The breadcrumb coating, infused with oregano, added a flavorful crunch that paired beautifully with the creamy mozzarella. Served with a tangy cocktail dip, the combination of textures and flavors made for a mouthwatering treat. Although rich and filling, these cheesy bites are best enjoyed as a shareable appetizer, perfect for gathering around with friends.



○ **Spaghetti Aglio E Olio**

The Spaghetti Aglio e Olio is a beautifully simple dish that highlights the magic of minimal ingredients. The al dente pasta is perfectly coated in a fragrant blend of golden olive oil and garlic, with a mild heat from the red pepper flakes that doesn't overwhelm. Fresh parsley adds a burst of brightness, making each bite satisfying. It may look bland, but the taste will surely impress you. It's a comforting, no-fuss classic meal.



○ Bruschetta

Bruschetta is a light Italian starter that offers a perfect balance of textures and flavors. The toasted Italian baguette delivers a good crunch, while the fresh mix of diced tomatoes, garlic, and basil provides a burst of brightness. A drizzle of olive oil enhances the dish with a rich, Savory note, and the light seasoning of salt and pepper elevates the taste. The result is a refreshing and flavorful bite that's both simple and satisfying.



○ Grilled Pork Chop

A masterpiece - boasting a perfectly seared crust that brought out its smoky aroma. The tender, juicy meat inside was cooked to perfection, offering a Savory richness with every bite. Paired with creamy mashed potatoes and a medley of seasonal sautéed vegetables, the dish was well-balanced and satisfying. A light touch of herbs and spices enhanced the pork's natural flavour, while the BBQ sauce added a delightful tangy kick, making this meal a truly unforgettable experience.

○ Chicken Cordon Bleu

The Chicken Cordon Bleu was an absolute treat, with tender chicken breast stuffed with Savory ham and melted cheddar cheese, all enveloped in a crispy, golden breading. The rich, creamy mushroom sauce added a delicious twist to this classic dish, emulsifying each bite with its smooth flavour. The buttery mashed potatoes and steamed vegetables paired perfectly as a healthy side. I would recommend trying this!



Yala Garden
Cafe and Restro

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PARENTING.

A photograph of a woman with dark hair, wearing a light blue button-down shirt, carrying a young child with dark hair on her back. The child is also wearing a light blue shirt. They are outdoors in a grassy field with trees in the background. The woman is smiling and looking towards the camera. The child is looking slightly away from the camera. The overall mood is warm and affectionate.

Picture Courtesy: Framing Stories by Yamini

SEASONS OF

MY SON is transitioning to grade school this spring. Today, I attended the celebration of his last day at preschool. It is called 'Rose Day,' an event in the Waldorf education system that marks the transition from one stage of a child's life to another.

As I watched him walk up to receive his rose, my heart swelled with emotion. The entire ceremony felt like a delicate passage, not just for him but for me as well. I found myself tearing up, overwhelmed by the realization that this wasn't just his transition, it was mine too. The whole day carried a weight I hadn't fully anticipated. At the end of the day, as I reflected on what this milestone truly meant, it became clear: I was also stepping into a new phase, making choices that would shape the next course of his life. This moment was as much about my growth as it was about his.

Watching my son move through each stage of his life has been pure joy. His first tumble within me, his first kick, his first cry, his first steps, first words, first pains, and first joys. I have seen and felt his transition ever since I conceived him, his journey through the rainbow bridge to find us so we can guide his soul to its destiny.

As his mother, I feel the deep responsibility of making choices for him until he learns to make his own. I model and guide him through our values and beliefs until he shapes his

own. I strive to give him space and freedom to grow within loving boundaries. But doing this is no simple task. Taking responsibility for a life beyond my own, knowing that every choice I make will ripple into his life as well, is a weighty and humbling experience. Over the years, I have firsthand experienced the challenges, strength, and dedication it takes to raise a child, to nurture a human being, a human in becoming. Not only through my experiences with my own child but also through the experiences of so many mothers I have worked with. I have tested my theories not just in my own home but in the lives of thousands of mothers navigating their own journeys. Some days, even as I guide mothers through their parenting journeys, I hear myself offering advice and realize in that very moment just how challenging it can be. There are no perfect formulas, no one-size-fits-all solutions. It is a constant practice of trial, error, and learning about ourselves and our children, as we go.

People often assume that because I am a parent coach, raising my son must be easy. That knowledge must make me immune to the struggles of parenting. The reality? As my child has transitioned through life's phases, so have I. From conception to birth to every stage of growth, I have undergone my own transformation. I am not just talking about the physical and hormonal changes but deep shifts as a human being.

Motherhood has challenged me, reshaped me, and taught me that just like my child, I am evolving too.

I believe that, when you truly start raising a child, you also start raising yourself.

I was an extremely impatient person before becoming a mother. My friends would describe me as impulsive, quick to react, and restless. But my son, with his strong-willed nature and determined spirit, has taught me patience in ways I never imagined. So often, I resist. I want him to adapt to my pace, and my way of doing things. But as the days pass by, I also realize that parenting is not about control; it is about adapting, learning, and growing together. I have to slow down, breathe, and truly listen, to him, to myself, and to the lessons that motherhood is trying to teach me.

Each stage of a child's development is also a stage of development for the mother. When a baby learns to walk, a mother learns to let go. When a child enters school, a mother learns to trust. When a teenager tests boundaries, a mother learns resilience. The most amazing part that I have only recently learned and realized, is that learning never follows a neat, upward trajectory. It is not an incline but a wave, filled with highs and lows, triumphs and setbacks. One moment you feel like you have figured it out, and the next, you are back to square one, questioning everything. And that is okay.

Growth is not linear, it is a constant process of stretching, recalibrating, and expanding.

I remind my clients often: I am not a perfect parent myself. I make mistakes. I lose my patience. I raise my voice. But what matters is the repair. I don't have control over everything, but I do have control over some things. Change what you can. Release what you cannot.

Spring is a time of fresh starts, renewal, and transition. It reminds us that change, though sometimes uncomfortable, is necessary for growth. So, as you guide your children through their seasons of change, don't forget to extend that same grace to yourself. As magical as parenting is, it is damn hard and you are doing great! I always say, 'small consistent change'. So, what is the one thing you are going to do differently from today?



Mridula Saria is an Educationist, Certified Parent Coach, and Child Development Researcher. She is a passionate learner dedicated to understanding and exploring child behavior and development. As the co-founder of Grooming Tales, she works with children to foster their growth and development. Through her coaching practice, she helps parents and mentors navigate their journey, sharing effective methods and tools to support children's learning and thriving. You can reach her at www.mridulasaria.com

MOTHERHOOD

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Nature is the greatest teacher, shaping children's curiosity, creativity, and well-being. In today's digital world, outdoor experiences are fading, but nature-based activities in schools can rekindle this bond. Through hands-on interactions with nature, children develop holistically, fostering respect for the environment and emotional resilience.

by Minju Shobha Chitrakar



TODAY, IN a materialistic world where working parents barely have any time beyond their professional lives, the children have limited opportunities to interact with nature. Unlike the past when there was so much exploration of nature as an integral part of childhood. Contrary to this, child in today's world have pre-packaged toys to be their friends along with digital distractions. When I look back on my childhood, there were many activities to explore nature knowingly or unknowingly. We were far from the readymade goods, especially the play materials. Playing with sand, clay, water, etc. was something that had no alternatives. We grew up with nature in a real sense. I could relate to how much I myself is attached to nature and have love and empathy for nature which according to me is faded among the children in today's context. I believe Nature-based activities for children help nurture curiosity, creativity, and a love for the environment.

In today's technology-driven world, children are spending less time outdoors, which affects their physical, emotional, and mental well-being. Unfortunately, many children today are confined to indoor spaces, leading to increased screen time, anxiety, and social disconnection. To counter this, the

interaction of children with nature is something that has become vital to reconnecting children with nature, promoting their holistic development through outdoor activities, mindfulness, and environmental awareness. Connecting to my own professional life, as a school leader, we allow children to interact with nature with different activities regularly. The activities include nature walks and scavenger hunts, gardening, watering plants, leaf art, flower art, nature-based storytelling, sensory play with natural materials, nature-based counting and sorting, etc. It's a kind of Nature therapy for the children and teachers, which enhances health and well-being among all. It is proven that time spent in environments improves mood, reduces stress, boosts concentration, and enhances creativity. Through exposure to nature, we can encourage children to step outside, explore, and benefit from the healing power of nature along with physical, intellectual, emotional, social, and language development. In school, we try to connect our children to nature through direct interaction with clay, water, sand, plants, etc. We take nature walks around in the nearby jungle, where they do scavenger hunts and connect with the theme under study as well. This makes the teacher convey

the things they meant for. At the same time, children get things more easily than any other way. In school, along with the interaction of students with nature, we try our best to convince the parents with different workshops connected to nature and its importance in early childhood development. Parents need to understand the value of being connected with nature. Emotion, love, and attachment to nature allow a person to respect each other along with nurturing and caring.

Many times, it was found that the parents, being very possessive towards the children, misinterpreted the nature. Until a few years back, parents in general, wanted their children to be away from mud, sand, water, etc. which according to them decreases the self-confidence in children making them untidy. This notion changed with time, especially in the context of our school. Here we periodically do parenting sessions and let them realize how the natural things found around us can work like magic. Those materials on the one hand are low cost or no cost and at the same time, have real-life experience which allows holistic development. This enhances the belongingness among the children, and they can think positively about every element

of nature. For this, the triangular relation among the parents, teacher, and students plays a crucial role.

Nature is a great healer, just being outdoors enriches sensory and imaginative awareness cultivating inner peace, focus, and resistance in a child's mind. Moreover, through the exposure of children to outdoor nature, harmony within nature is ensured since we foster in them respect for the environment as well as concerns. In schools, the inclusion of nature-based activities in the curriculum can significantly contribute to the learning process.



Minju Shobha Chitrakar

Minju Shobha Chitrakar is a dedicated parenting education advocate and Facilitator of National Parenting Education, empowering parents with essential skills. She is the Founder & Principal of Kids Planet Montessori and Child Care Center and Academic Head of Jesse's International Boarding Secondary School, fostering quality education and early childhood development. As an Esteemed Member of Smart Parenting Nepal (SPN), she actively promotes positive parenting and child well-being.

⬇️ Until a few years back, parents in general, wanted their children to be away from mud, sand, water, etc. This notion changed with time, especially in the context of our school

I CLOCK IN to work at 8. The clinic door swings open, and in a rush tiny feet, curious eyes, and the familiar symphony of giggles, echolalia, and joyful flapping hands. My morning begins with embraces—hugs, high-fives, and the silent language of love that every child here understands in their own way.

For me, they are just children - not labels, not disorders. Just children. Time has been my greatest teacher, reinforcing the truth that their existence is not a deviation from “normal” but simply a different rhythm—like a waltz instead of a march, a spring breeze instead of a summer blaze.

And you know who they are? They are all autistic. But they are children!

Yet, my heart aches as I sit across from parents who carry stories of exclusion, of battles fought in schools, of whispered judgments at playgrounds, of the quiet mourning of an expected path that never came to be.

When a family dreams of having a child, it is often like planning an exciting trip to a long-awaited destination. They imagine the milestones, the birthdays, the school plays, the friendships, the effortless conversations. Then the diagnosis arrives, and suddenly, the itinerary changes.

Emily Perl Kingsley, in her timeless essay *Welcome to Holland*, describes this reality poignantly. Parents expecting Italy find themselves in Holland—a different destination, unfamiliar, unexpected. But Holland has windmills.

ITALY HAS ROSES BUT HOLLAND HAS TULIPS

Embracing Autism This Spring

This piece reimagines autism through the lens of spring’s awakening, inviting us to celebrate the diverse ways children bloom. It challenges the typical narrative of autism as something to be fixed, instead urging us to appreciate the unique beauty, potential, and brilliance in every individual. Just as Holland’s tulips are distinct from Italy’s roses, so too are autistic children, each contributing something invaluable to the world.

It has tulips. It has its own breathtaking beauty.

And what is spring, if not a testament to change?

Spring does not mourn the winter—it embraces the thaw, the budding leaves, the unexpected blossoms that sprout from once-frozen ground. It is a season of fresh beginnings, a time when the world shakes off its preconceptions and welcomes the extraordinary. Autism, too, is an awakening—an invitation to see the world through a lens of wonder, to listen without demanding words, to cherish the details others might overlook.

A Different Kind of Bloom

If you have ever watched a flower bloom, you know that no two petals unfold in exactly the same way. Some bloom early, stretching toward the sun as soon as spring whispers its arrival. Others take their time, unfurling slowly, savoring each moment before revealing their full brilliance. And some, like the rarest orchids, blossom in ways that defy expectation—stunning, intricate, unique.

Autistic children are like these rare and beautiful blooms. Their growth does not follow a predetermined timeline, but that does not make it any less extraordinary. Where one

child may speak fluently, another may communicate through gestures, expressions, or a device. Where one may find joy in imaginative storytelling, another may find the same joy in the predictable pattern of numbers or the comforting repetition of a song. Their world is not limited—it is vast, intricate, and deeply meaningful.

But too often, society sees only the differences, not the beauty. It labels, compares, it measures growth against timelines that were never meant to be universal. And in doing so, it risks missing the splendor of the tulips while longing for the roses.



↓ Where one child may speak fluently, another may communicate through gestures, expressions, or a device. Where one may find joy in imaginative storytelling, another may find the same joy in the predictable pattern of numbers or the comforting repetition of a song

Reframing the Narrative

For too long, autism has been framed as something to fix, to manage, to mourn. But what if we saw it as something to understand, to embrace, to celebrate?

The flapping of hands is not meaningless; it is excitement embodied.

The need for routine is not rigidity; it is a deep craving for security in a world that often feels overwhelming.

The quiet moments, the deep interests, the seemingly small victories—they are as vibrant as the first blooms of April.

Autistic individuals bring perspectives that challenge our conventional ways of thinking. They remind us that communication extends beyond words, that joy can be found in the details, that love is expressed in infinite forms. They awaken us to a world that is not broken but beautifully diverse.

This April, as the world celebrates Autism Awareness and Acceptance Month, let us do more than just acknowledge autism. Let us awaken to its beauty. Let us see autistic individuals not through the lens of limitations, but through the lens of their potential, their brilliance, and their springtime bloom.

Because if we only ever seek Italy, we might miss the tulips entirely.



Ganga Gurung, a Pediatric Occupational Therapist with 5 years of clinical experience, is the co-founder of Bloom Park Clinic and Bloom Park Store Pvt Ltd., Nepal. She has also served as Project Lead and member of International Chapter of All India Occupational Therapists Association (ICAIOTA) and Secretary of Association of Nepal Occupational Therapists (ANOT). She has worked as a freelance consultant/expert for rehabilitation activities by the LCDMS, EDCCD-Ministry of Health and Population, WHO-Nepal and Handicap International-Nepal.

HOME.

Winter Storage made Simple

Be a smart family and get your home ready for warmer days with smart storage tips for winter clothes and blankets. Learn how to save space, keep items fresh, and stay organized until the next cold season.

By Malika Joshi

As the chill of winter fades away, it's time to pack up your cozy essentials and make room for the lighter seasons. Proper storage of winter clothes and blankets not only keeps your home organized but also extends the life of

your favorite cold-weather items.

Start by sorting your winter wear—separate what you want to keep from what you can donate. Wash or dry clean everything before storing to

prevent stains and odors from setting in. For bulky items like coats and wool sweaters, consider using vacuum-sealed storage bags, which you can easily find in online stores. These save space while protecting against moisture, dust, and pests.

Blankets and comforters can be stored in under-bed containers or fabric storage bags. You can sure to add lavender sachets or cedar blocks to keep everything fresh and moth-free. If you have closet space, garment bags are ideal for storing heavy coats and wool suits. Choose breathable fabric options to allow air circulation and prevent mildew.

Might sound very cliché but label everything clearly so you can easily find what you need next season. Utilize vertical space with hanging organizers or over-the-door hooks for scarves and hats.

Smart storage not only frees up space but also gives your home a cleaner, more breathable atmosphere and make you a smart family! With a little planning, packing away winter doesn't have to be a chore—it can be a refreshing step toward welcoming the new season with clarity and ease.





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Nature's Charm

Season's greetings from the Green Owl. Wishing you a Happy New Year! Here's to another year of growth, success, and plenty of gardening.

We are fortunate to start a New Year in Spring just as our gardens are vibrating back to life with abundant flowers, and all of them hold a special meaning, although we are still missing out on those crucial early spring rain showers this year.

As someone who grows a lot of plants, I'm always a bit conscious about their origin, how easy or difficult they are to grow, how long a lifespan they have and do they also bring in some kind of energy to my space. There are many plants that are believed to bring good luck due to cultural, symbolic and historical associations.

In this article, I thought of sharing with you some of the plants that have been identified as bringing fortune and good luck. I can think of a few plants here in Nepal that have been sought for the same purpose and all of them are deeply rooted in our religion.

Tulsi (Holy Basil) is believed to bring spiritual protection, health, and prosperity to the household.

Marigolds (Sayapatri) are considered auspicious, especially during festivals like Tihar, when they are used for decoration to bring good luck and positive energy.

Money Plant (Pothos or Jade Plant) is something my mother grew at home and said it was to bring in the money. I'm not sure if that

truly works but safe to say we never went broke.

Peepal Tree (Ficus religiosa) as we all know is believed to bring spiritual peace, protection, and blessings.

In most parts of Asia, the Bamboo (Bamboo Palm or Lucky Bamboo) stands as a symbol of good fortune, wealth and prosperity, particularly in Chinese culture.

Jade Plant (Crassula ovata) is known as the money tree in South Africa and is believed to bring wealth and prosperity.

Four-Leaf Clover works for all of us, doesn't it? The rare four-leaf variety of the common clover is considered to bring good luck with each leaf symbolizing faith, hope, love, and luck.

As the New Year begins, gardens come alive with blooms that hold deep cultural and symbolic meanings. This article explores plants believed to bring good luck, from Nepal's revered Tulsi and Peepal trees to globally cherished symbols like the Jade Plant, Lucky Bamboo, and Chrysanthemums. Whether for prosperity, spiritual protection, or positive energy, these plants add beauty and fortune to any space.

By Mamta Khatri, Green Owl



Orchids are considered a symbol of good luck and prosperity when given as a gift.

The Peace Lily just like its name brings positive vibes and inner peace to you and your home.

Tulips in Persian culture, tulips are symbols of perfect love and are thought to bring good fortune.

Lavender is often associated with peace and calm, bringing luck by warding off negative energy and bad spirits.

Pine Trees in many cultures are symbols of longevity, health, and resilience, bringing good fortune.

Snake Plant (Sansevieria) is known to bring good luck in many cultures, particularly for its ability to purify the air and provide protection.

In China, the Citrus Trees (Lemon, Orange) are seen

as symbols of abundance and wealth, particularly around Chinese New Year, and are believed to bring good luck and prosperity.

The beautiful Lotus Flower is very popular all over Southeast Asia symbolizing good luck, purity, enlightenment, and rebirth.

Chrysanthemums are very popular good luck charms in Japan and China.

In both countries, chrysanthemums are symbolic of good luck, longevity, and happiness.

These plants are not only considered symbols of luck, but they also add beauty and positive energy to any environment. So, as the New Year dawns and you are thinking of hosting someone a plant or getting now new plants for yourself, I hope this helps you in choosing the right one for the right occasion.

Happy gardening folks !!!

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S E A S O N A L
SWAPS

Transitioning Your Home Decor for Spring





As winter bids farewell and spring emerges with its warmth and vibrancy, it's the perfect time to refresh your home decor. Transitioning your living space to match the season not only uplifts your mood but also breathes new life into your home. Here are some simple yet effective ways to welcome spring into your space.

Embrace Lighter Fabrics and Colors

Swap out heavy winter fabrics like wool and velvet for lighter materials such as linen and cotton. Replace dark, moody hues with pastel shades, soft whites, and cheerful colors to reflect

the brightness of spring. Light, airy curtains can also help maximize natural light, making your home feel fresh and inviting. Some of the spring colors of 2025 are butter yellow, pistachio green, baby blue, and baby pink.

Bring Nature Indoors

Spring is synonymous with blooming flowers and lush greenery. Incorporate fresh flowers like tulips, daffodils, or cherry blossoms into your decor. Adding potted plants or even a small herb garden in your kitchen can bring an organic touch to your space. Houseplants not only enhance aesthetics but also improve air quality and create a calming ambiance.

Switch Up Your Accessories

A simple way to refresh your home is by swapping winter accessories with spring-inspired ones. Change your throw pillows, rugs, and blankets to reflect the season. Floral patterns, botanical prints, and light, textured throws can instantly transform a room. Opt for decorative accents in natural materials like rattan, wicker, or bamboo for an added touch of warmth.

Refresh Your Wall

Update your walls with artwork that celebrates spring. Nature-inspired prints, watercolor landscapes, or even DIY floral arrangements can

add a seasonal charm to your home. If you prefer a minimalist approach, try rearranging your existing decor to create a fresh perspective.

Declutter and Organize

Spring is the season of renewal, making it an ideal time to declutter and reorganize. Pack away heavy winter gear, donate unused items, and give your home a deep clean. A clutter-free space promotes relaxation and enhances the airy, open feel associated with spring.

Infuse Fresh Scents

Engage your senses by incorporating fresh scents into your home. Light floral or citrus-scented candles, essential oils, or potpourri to create a refreshing atmosphere. Scents like lavender, jasmine, and lemon can evoke a sense of tranquility and rejuvenation.

By making these seasonal swaps, your home will seamlessly transition into spring, creating an environment that is bright, cheerful, and full of renewal. Enjoy the beauty of the season with a space that reflects its essence!

MARKET.



📌 SOPRA ITALIANO OPENS AT MERCURE KATHMANDU SUKEDHARA HEIGHTS

Mercure Kathmandu Sukedhara Heights is delighted to open Sopra Italiano, its much-anticipated Italian restaurant, bringing a slice of Italy to the heart of Nepal's capital. This new dining destination promises an authentic culinary experience, where guests can savor the rich flavors of Italy, crafted with passion and precision. The debut was honoured by the esteemed presence of Her Excellency Virginie Corteval, French Ambassador to Nepal, who inaugurated the restaurant

in a graceful ceremony. Her participation added an air of international sophistication, perfectly complementing the global spirit that Mercure Kathmandu Sukedhara Heights represents.

As the hotel continues to expand its offerings, Sopra Italiano promises to become a go-to destination for lovers of fine Italian cuisine in Kathmandu, with the official launch set to take place soon.



📌 Nabil Bank has launched the Nabil Digo Bachat Khata

Nabil Bank has launched the Nabil Digo Bachat Khata, a savings account promoting sustainability and aiming to reduce carbon emissions. The bank will allocate 0.5% annually from total deposits to eco-initiatives like reforestation and clean energy. With a minimum balance of Rs. 10,000, the

account offers free digital banking, tree plantation, and financial perks. It supports Nepal's 2045 net-zero goal while offering customers meaningful, eco-friendly banking benefits.



📌 "THE FEAST OF PERSIA" EVENT AT ALOFT KATHMANDU THAMEL

Aloft Kathmandu Thamel hosted a Persian Food Festival from March 20-22, featuring celebrity chef Mona Poordaryaeinezhad from Iran. The event offered a complimentary welcome drink along with Persian snacks and a lavish buffet. It was a beautiful evening enjoyed by pleased attendees.

At "The Feast of Persia" event at Aloft Kathmandu Thamel, Chef Mona Poordaryaeinezhad shared her love for Persian cuisine and her experience in Nepal. When asked about the one Persian dish everyone

should try at least once, she recommended Joojeh Kebab Safrani, a succulent chicken kebab marinated in saffron and spices, known for its rich aroma and tender texture. She also highlighted how Persian cuisine is deeply connected to saffron and rose water, which are essential ingredients that add a distinctive fragrance, luxurious color, and delicate floral essence to many traditional dishes. She showed gratitude for collaborating with Aloft to provide a taste of Persian food to guests in Nepal.

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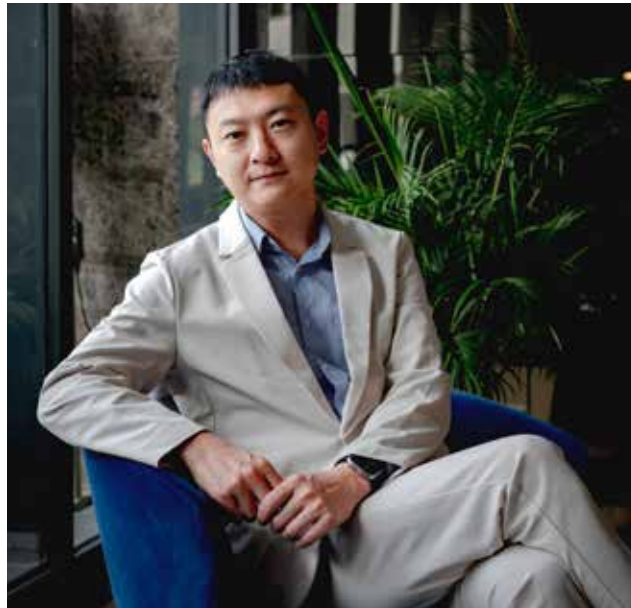
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TCL's Growing Footprint in Nepal: Smart Technology for Every Home

MICHAEL ZHENG, General Manager of the FOB Department at TCL Asia Pacific Business Group (APBG), plays a pivotal role in overseeing sales operations and strategic initiatives across multiple markets in the Asia Pacific region. TCL has achieved significant milestones. According to Omdia's latest data, TCL is leading global shipments of 85-inch and larger TVs in 2024 with a 22.1% market share. Additionally, TCL secured the No. 1 position in Mini LED TV shipments with a 28.8% share and maintained its leadership in Google TV shipments globally from 2021 to 2024. These accomplishments reflect the effectiveness of TCL's strategic initiatives and the leadership within the company. Zheng's recent visit to Nepal aims to gain in-depth understanding of Nepal's burgeoning electronics sector.

TCL has grown tremendously both internationally and in the Nepalese market. Globally, TCL Industries has maintained a steady growth trajectory, in 2023, the Company achieved a total operating revenue of CNY 120.32 billion, representing a 13.4% year-on-year increase, driven by strong performance in key regions across Asia, Europe, and North America. The same holds true for Nepal, where data from the CG Group reveals that TCL's sales in Nepal have achieved a year-on-year growth rate of 40% compared to 2023. This significant increase



TCL aims to make its products the central hub of the modern home, combining entertainment, comfort, and sustainable.

is largely attributed to the rising consumer demand for its innovative electronic products, particularly in the television and home appliance sectors.

Also, the AI features have been integrated into the entire product range to enhance user experiences, from smart TVs and home appliances to mobile devices. In home appliances, AI-powered robotic vacuums and smart TVs provide improved automation, personalization, and voice control. What sets TCL's AI apart is its approach to design—intuitive and user-centric, combined with comprehensive data security measures that assure seamless

and intelligent interactions while abiding by privacy and global standards.

TCL differentiates itself by blending cutting-edge technology with affordability, without compromising on quality. The Company proactively invests in exploring and building a vast repository of cutting-edge technologies. With 24 R&D centers and 7 joint laboratories worldwide, the Company actively creates key competitive advantages in technological fields such as Mini LED, QLED, AI, IoT, OS, AR/VR, new materials, 5G, cloud computing, and smart manufacturing. Additionally, TCL's strong

global manufacturing and supply chain network allows the company to keep costs competitive while ensuring premium build quality. This balance of advanced technology, reliability, and affordability sets TCL apart in the crowded consumer electronics market.

TCL is advancing its home ecosystem with larger panel TVs, creating a more immersive entertainment experience. Beyond entertainment, the company is introducing low-energy products like energy-efficient air conditioners, designed to lower power consumption while maintaining high performance. By focusing on smart home integration, TCL aims to make its products the central hub of the modern home, combining entertainment, comfort, and sustainability into one seamless, connected solution, enhancing both lifestyle and efficiency.

In Zheng's message to the Nepali audience, Michael Zheng expressed TCL is dedicated to fostering business development through technological innovations and bringing smart and healthy living to global users by employing forward-looking technologies and services. Zheng also extended his gratitude to the CG Group for their ongoing support in bringing TCL's cutting-edge solutions to Nepal, ensuring a brighter and more connected future for Nepali consumers.

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*सर्वोच्च लागू हुनेछ । विदेशीहरूका क्वाट संरक्षण उपस्थिति छ । सेवान अवसरको विचारगुनन कर लागू हुनेछ ।

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TITONI

A Legacy of Timeless Craftsmanship

Over a century, Titoni has stood as a beacon of classic Swiss watchmaking with a perfect balance between tradition and innovation. Established in 1919, this family-owned company has remained true to its core values—offering exquisite timepieces crafted with precision, care, and an unwavering commitment to quality. Titoni takes pride in its artisanal approach, creating watches that are not only instruments of time but also symbols of heritage and refinement. At the heart of Titoni lies a dedication to producing classic products that stand the test of time. One of the last great bastions of fine mechanical craftsmanship, Titoni oversees all aspects of its watchmaking in-house, from assembly to the most grievous quality control, so nothing leaves the workshop unless it meets Titoni's exacting standards. In an age when individuality and authentic character can be easily sacrificed in mass production, Titoni alone starkly contrasts this trend with its pursuit of excellence and self-contained manufacture.

One of Titoni's most defining characteristics is its status as a family-owned business. Now in its fourth generation, the company has preserved a sense of continuity and integrity, fostering a culture where relationships matter. Such



The plum blossom in Titoni's logo holds great meaning as a symbol of strength, beauty, and the longevity

familial values extend beyond the boardroom: clients and employees alike are treated as part of the Titoni family. Customers are not just buyers—they are lifetime partners in Titoni's journey. Similarly, Titoni's workforce is regarded as an extension of the family, and employees are given growth opportunities and treated with dignity. By promoting exclusivity through limited production, Titoni achieves the highest standards of quality yet ensures that each watch retains its unique personal character. In a

parallel fashion, Titoni's product promotion focuses on attraction of the younger market through modern design, evident in the Seascooper and Impetus collections. Blending modern aesthetic values with traditional craftsmanship, these models share their appeal with a new generation of watch enthusiasts while reinforcing the brand's commitment to mechanical excellence.

The family Schluep plays a key role in Titoni's

continuous success; on their watch, the brand has stayed true to its core values but has also embraced innovation to get into new markets. They are firmly committed to keeping Titoni independent, so that it can remain focused on quality, mechanical precision, and reasonable pricing. Their vision encompasses the delicate balance between respecting traditional values and adapting to the requirements of modern consumers.

The plum blossom in Titoni's logo holds great meaning as a symbol of strength, beauty, and the longevity of the brand spirit. The logo personifies Titoni's very concept of Swisness, a value system beyond "Swiss Made." It symbolizes the company's adherence to such values as reliability, respect, and precision, pointing to the values behind the product rather than just the product itself. Titoni's core criteria remain steadfast: independence, mechanical expertise, Swisness, and affordable luxury. In a world where mass production is the norm, Titoni stands as a testament to the enduring value of family, craftsmanship, and timeless elegance. Each watch tells a story—one of passion, precision, and the enduring beauty of a truly classic brand.

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Small & Medium

Enterprises Loan

- Purpose: Supports small & medium enterprises (industrial, trading, & service sectors) for short- & long-term financing.
- Loan Type: Funded & Non-Funded
- Interest Rate: Base Rate + up to 4.00% p.a.
- Loan Amount: NPR 0.50M – 120M
- Tenure:
 - o Term Loan: Up to 12 years (1-year grace period)
 - o Working Capital Loan: Annual renewal basis

- Repayment: Monthly/ quarterly installments or EMI
- Eligibility: Established businesses with a profit in the last year or new businesses with 2+ years of relevant experience
- Fees: As per the bank's schedule.

NIMB LIMITED

Srijanshil Nari Bachat Khata

- Types: Residential & Commercial
- Eligibility: Nepalese citizens/NRNs, aged 25–70 years
- Tenure: Up to 30 years (20 years for 100% remittance income)
- Loan Amount: NPR 1M – 200M (Max LTV: 60% FMV)
- Repayment: EMI basis (1st/20th of each month)
- Moratorium: Up to 1 year
- First-Time Buyers: Personal use only, max 3,000 sq. ft., no existing home loans, rental income not considered
- Required Documents: ID proof, property documents, income proof, security-related papers

GLOBAL IME BANK

Loan Against FD:

- Purpose: Instant liquidity by pledging Fixed Deposit (FD).
- Loan Amount: Up to 90% of FD or NPR 5M.
- Disbursement: Instant via branches or mobile app (no physical documents required for app applications).
- Eligibility: Individual FD holders (excluding minors & already earmarked FDs).

- Repayment: Prepayment allowed via digital channels.
- Documents: Completed loan application & FD receipt/account statement.

SIDDHARTHA BANK

Hamro Ghar Karja

Eligibility:

- Available for home loan applicants
- Interest Rate:
- 8.75% p.a.(Standard)
 - 8.49% p.a. (For Women)
 - Fixed for 7 years
- Required Documents:

- Personal Identification:
 - Citizenship/Passport
 - 2 Photos
 - Marriage/Relationship Certificate (if applicable)
- Financial Documents:
 - 6-month bank statement
 - PAN/VAT (if applicable)
 - Business registration & financials (if applicable)

- Collateral Documents
 - Income Proof:
- Additional: Tax clearance receipt (if applicable)

SANIMA BANK

Nari Bachat Khata

Features:

- No minimum balance requirement
 - Monthly interest payment
- Digital Banking:
- Sanima Mobile Banking – As per Standard Tariff Charges (STC)
 - Sanima VISA Debit Card – As per Standard Tariff Charges (STC)
 - Sanima VISA Credit Card – As per Standard Tariff Charges (STC)

- Sanima USD e-Card – As per Standard Tariff Charges (STC)
- Other Auxiliary Services:
- Locker: 50% discount on locker charges (subject to availability)
 - DEMAT & Mero Share: Free issuance for the first year

Note:

- Interest rates are subject to change as per Nepal Rastra Bank regulations.
 - The bank reserves the right to modify/remove services after one year from account opening.
- Required Documents:
- Copy of Citizenship/Valid Passport
 - 1 Passport-size photo of the applicant

Resort Getaways

Chitwan Awaits: Find Your Perfect Resort Escape. Discover the best of Chitwan with these curated resort packages, offering everything from jungle safaris to cultural experiences. Whether you're seeking luxury or an affordable retreat, enjoy inclusive meals, exciting activities, and unique wildlife experiences. Valid until April 2025 and beyond.

KASARA

2 nights and 3 days

Inclusions:

- Refreshing organic healthy drink upon arrival
- Relax in the comfort and privacy of a deluxe villa
- In-room aromatherapy and sleep kits
- Nutritious and delicious dinner and breakfast
- Happy hour with complimentary healthy snacks (6-7 PM)
- 30-minute rejuvenating spa treatment
- Access to the outdoor swimming pool
- Flexible check-in and check-out times
- Turn-down service and amenities
- Valid till: December 2025
- For Nepali and foreign nationalities and Expats Only

RIVERBANK JUNGLE RESORT II WYNHAM GARDEN CHITWAN

2 nights and 3 days

Inclusions:

- Super deluxe room
- Jeep safari/ canoeing
- Visit to crocodile breeding center
- Tharu/Deri Village tour
- 1 session of tea and coffee cookies at the deck
- All meals- breakfast, lunch, & dinner
- BBQ dinner, campfire, tharu dance
- Rate: NPR. 18,000
- Valid Till: April 2025
- For Nepalese Nationals Only

JAGATPUR LODGE BY ANNAPURNA

2 nights and 3 days

Inclusions:

- Welcome drinks (non-alcoholic)
- Breakfast, lunch, and dinner- either buffet or set

- Half-day jeep safari
- Boating at Rapti River
- Bird Watching or Village tour
- JP Deluxe room
- Rate: NPR. 20,000 nett per person
- Valid till: April 2025
- For Nepalese Nationals only

GREEN MANSIONS JUNGLE RESORT

2 nights and 3 days Jungle Package:

Inclusions:

- 2 nights of accommodation
- All meals (Breakfast, Lunch, and Dinner)
- Thrilling Jeep Safari
- Canoe Ride
- Short Guided Jungle Walk
- Fascinating Tharu Village Tour
- Visit to the Elephant Breeding Centre
- Tharu Cultural Dance
- National Park Entrance Fee
- Rate: NPR. 14,000 per person on a double occupancy basis
- Valid till: April 2025
- For Nepalese Nationals only

JUNGLE VILLA RESORT

2 nights and 3 days

Inclusions:

- 2 times Breakfast
- 2 times Lunch
- 2 times Dinner
- Jeep Safari
- Canoeing
- Jungle walk
- Tharu Village Tour
- Tharu Cultural Dance
- Crocodile Conservation visit

Rate: NPR. 11,000 (elephant villa -delux room- MAP plan)

NPR. 13,000 (safari villa- super deluxe room- MAP plan)

Valid till: April 2025



BARAHI JUNGLE LODGE

- For Nepalese Nationals only
- Please note: No elephant-related activities
- Nepalese Nationals Only

SAPANA VILLAGE LODGE

2 nights and 3 days

Inclusions:

- Welcome drinks
- Breakfast, lunch, and dinner at the lodge
- Elephant feeding experience
- Tharu village tour & sunset view
- Cultural dance
- Canoeing, birdwatching & jungle walk
- Half-day open jeep safari (until sunset)
- Rate: NPR. 32,500 people (Includes stay, meals, activities & park permits)
- Double Room: NPR. 8,000 per night (incl. breakfast)
- Dinner: NPR 1,850 person
- Valid till: April 2025
- pick-up, and drop-off

BEGNAS LAKE RESORT

2 nights 3 days

- Accommodation

- Welcome refreshment drink
- Breakfast (7:30am - 10:30am)
- Pickup/drop-off available on request (chargeable)
- Rate: Classic Rooms: Rs: 10,000 (Double Occupancy) Bungalow/Waterfront Cottage: Rs: 11,000 (Double Occupancy) Premier Rooms: Rs: 12,000 (Double Occupancy)
- For Nepalese Nationals Only and residents with valid stay permits

GOKARNA FOREST RESORT

1 night 2 days

Inclusions:

- Welcome refreshment drinks
- Accommodation with breakfast and dinner
- Exclusive spa offer
- Indoor swimming pool
- Guided nature walk
- Valid till: March 2025
- For Nepalese Nationals and Expats Only

BARAHI JUNGLE LODGE

2 nights and 3 days

Inclusions:

- Meals on 2 nights package: 02 cycle of

- meals (lunch, dinner & breakfast)
- Tea/coffee service at Banyan Café
- Activities:
- 01 clubbed boat safari at Rapti river with either breakfast or sundowner
- 01 clubbed jeep safari (half day)
- Choice between walking safari or village tour
- Park ticket as per respective nationals on JP and naturalist for the activities
- Rate: NPR. 40,00 NET PER person (JP Accommodation in Delux boutique hut)
- Valid till: April 2025

TEMPLE TIGER GREEN JUNGLE RESORT CHITWAN

2 nights and 3 days

Inclusions:

- Elephant briefing and feeding session
- Village walk
- Jeep drive/jungle safari
- Boat ride down the Narayani River
- Cultural Tharu dance program
- Rate: NPR 8500 per person, per night (Twin sharing basis)
- Valid till: April 2025

Disclaimer: The above package details have been collected from the respective resorts. Prices and availability may vary. For bookings and the latest rates, please contact the resorts directly.

Pick Your Perfect SUV

Power, Style & Comfort: From daily commutes to weekend escapes, the right SUV can elevate every journey. In this feature, we bring together some of Nepal's most talked-about models—each offering a unique blend of performance, comfort, and value. Whether you prefer compact versatility or bold road presence, this roundup makes it easy to compare specs, prices, and features at a glance. Your next SUV could be just a scroll away.

KIA SONET HTK (0)

- Engine: 1.2L Petrol, 1197 cc
- Fuel Efficiency: 17 km/l
- Ground Clearance: 205 mm
- Length: 3,995 mm
- Width: 1,790 mm
- Height: 1,642 mm
- Wheelbase: 2,500 mm
- Trunk Sapce: 385 Ltr
- Wheel Size: 205/55 R16 Alloy wheels
- Price: NPR. 47,90,00
- Dealer: Continental Trading Enterprises Pvt. Ltd
- Address: Kia Center, Gairidhara
- Contact: +977 9801571037, 01-4526465, 01-4526475



BREZZA ZXI + AT (DUAL TONE)

- Engine: 1.5L Smart Hybrid Petrol Engine, 1462 cc
- Fuel Efficiency: Approximately 19.8 km/l
- Ground Clearance: 198mm
- Length: 3,995 mm
- Width: 1,790 mm
- Height: 1,640 mm
- Wheelbase: 2,500 mm
- Trunk Sapce: 328 Ltr
- Wheel Size: 215/60 R16 Alloy wheels
- Price: NPR. 46,49,000
- Dealer: CG | Moto Corp
- Address: Thapathali, Kathmandu
- Contact: +977 9801571571, 01-5329086



HONDA ELEVATE ZXCVT

- Engine: 1.5 Ltr Petrol Engine, 1498 cc
- Fuel Efficiency: 16.92 km/l
- Ground Clearance: 220 mm
- Length: 4,312 mm
- Width: 1,790 mm
- Height: 1,650 mm
- Wheelbase: 2,650 mm
- Trunk Sapce: 458 Ltr
- Wheel Size: 215/55 R17 Dual Tone Diamond-Cut Alloy wheels
- Price: NPR. 84,12,000
- Dealer: Syakar Trading Company Pvt. Ltd
- Address: Honda car, Dhobighat
- Contact: +977-9801161793, 01-5153041, 01-5153542



HYUNDAI EXTER SX 2024

- Engine: 1.2 Ltrs Petrol Engine, 1198 cc
- Fuel Efficiency: 19.8 km/l
- Ground Clearance: 205 mm
- Length: 3,981 mm
- Width: 1,733 mm
- Height: 1,586/1,604 (with roof rails) mm
- Wheelbase: 2,540 mm
- Trunk Sapce: 315 Ltr
- Wheel Size: 195/65 R15 Alloy wheels
- Price: NPR. 39,50,000-40,00,000
- Dealer: Shangrila Motors Pvt. Ltd.
- Address: Thapathali, Kathamandu



NISSAN NEW MAGNITE

- Engine: 1.0 Ltrs Turbo Petrol Engine, 999 cc
- Fuel Efficiency: 19.4 km/l
- Ground Clearance: 205 mm
- Length: 3994 mm
- Width: 1758 mm
- Height: 1572 mm
- Wheelbase: 2500 mm
- Trunk Sapce: 336 Ltr
- Wheel Size: 16 inch, Alloy wheels
- Price: NPR. 34,75,000 (starting price)
- Dealer: Pioneer Moto Corp Pvt. Ltd.
- Address: Thapathali, Kathmandu
- Contact: 9801142928, 9801142997



TATA SAFARI

ACCOMPLISHED +DARK AT

- Engine: Diesel, 1956cc
- Fuel Efficiency: 14.1 km/l
- Ground Clearance: 205 mm
- Length: 4,668 mm
- Width: 1,922 mm
- Height: 1,795 mm
- Wheelbase: 2741 mm
- Trunk Sapce: 680 Ltr
- Wheel Size: 245/55 R19 Alloy wheels
- Price: NPR. 1,31,99,000
- Dealer: Sipradi Trading Pvt. Ltd.
- Address: Gairidhara, Kathmandu
- Contact: +977 -1-5970340
- Contact: +977 9801155179, +977 980115516



MG HECTOR SHARP MT

- Engine: 1.5L Turbocharged Intercooled Petrol Engine, 1451 cc
- Fuel Efficiency: Approximately 14 km/l
- Ground Clearance: 205 mm
- Length: 4,655 mm
- Width: 1,835 mm
- Height: 1,760 mm
- Wheelbase: 2,750 mm
- Trunk Space: 587 Ltr
- Wheel Size: 215/60 R17 Alloy wheels
- Price: Starting from NPR 77,49,000
- Dealer: Advanced Automobiles Pvt. Ltd.
- Address: Thapathali, Kathmandu
- Contact: +977-1-4101500



CITROEN C3

- Engine: 1.2 Ltrs Petrol Engine, 1198 cc
- Fuel Efficiency: 19.8 km/l
- Ground Clearance: 205 mm
- Length: 3,981 mm
- Width: 1,733 mm
- Height: 1,586/1,604 (with roof rails) mm

- Wheelbase: 2,540 mm
- Trunk Sapce: 315 Ltr
- Wheel Size: 195/65 R15 Alloy wheels
- Price: NPR. 39,50,000-40,00,000
- Dealer: Shangrila Motors Pvt. Ltd.
- Address: Thapathali, Kathamandu



Disclaimer: The above details have been collected from the respective dealerships. Prices and availability may vary. For bookings and the latest rates, please contact the dealerships directly.

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Personality through Zodiac Sign

Astrology has long been a fascinating lens through which people explore their personalities, relationships, and life paths. Your zodiac sign, determined by your birth date, is believed to influence your strengths & weaknesses. Let's take a closer look at what makes each sign special.

By Malika Joshi

Aries (March 21 - April 19)

Strengths: Leadership, confidence, and enthusiasm.

Weaknesses: Impulsive, impatient, struggle with long-term commitments

Taurus (April 20 - May 20)

Strengths: Reliable, patient, hardworking, practical, and loyalty.

Weaknesses: Stubborn and resistant to change, materialistic and overly cautious.

Gemini (May 21 - June 20)

Strengths: Quick-witted, social, and adaptable,

Weaknesses: Indecisiveness and inconsistency can make them seem unreliable or superficial.

Cancer (June 21 - July 22)

Strengths: Deeply intuitive, nurturing, and protective.

Weaknesses: Overly sensitive and prone to mood swings.

Leo (July 23 - August 22)

Strengths: Charismatic, confident, and ambitious.

Weaknesses: Their need for attention and validation can

sometimes come across as arrogance.

Virgo (August 23 - September 22)

Strengths: Analytical, detail-oriented, and practical, excellent at problem-solving and organization.

Weaknesses: Their perfectionist nature can lead to overthinking and self-criticism.

Libra (September 23 - October 22)

Strengths: Charming, diplomatic, and fair-minded.

Weaknesses: Indecisiveness and people-pleasing tendencies can make them struggle with personal boundaries.

Scorpio (October 23 - November 21)

Strengths: Passionate, determined, resourceful, and intensely focused.

Weaknesses: Their secretive and sometimes jealous nature can make them difficult to read.

Sagittarius (November 22 - December 21)

Strengths: Optimistic, adventurous, and

philosophical, Sagittarians love exploring new ideas and places.

Weaknesses: Their blunt honesty and restlessness can sometimes lead to commitment issues.

Capricorn (December 22 - January 19)

Strengths: Disciplined, responsible, and ambitious, Capricorns are goal-oriented and hardworking.

Weaknesses: Their serious and reserved nature can sometimes make them seem emotionally distant.

Aquarius (January 20 - February 18)

Strengths: Innovative, independent, and forward-thinking, Aquarians love pushing boundaries.

Weaknesses: They can be emotionally detached and stubborn in their beliefs.

Pisces (February 19 - March 20)

Strengths: Compassionate, artistic, and intuitive, Pisceans have a deep emotional and creative side.

Weaknesses: They can be overly idealistic and prone to escapism.





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